East Bay Regional Park District
www.ebparks.org

July-August 2006

Regional in Nature

Activity Guide

Lake Del Valle. Photo by Kevin Fox.

Swim, fish, paddle a boat, have a picnic...
Lakes Appreciation Week
July 2-8

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EBRPD celebrates with free gift

Lake Appreciation Week July 2-8

Lake Anza in Tilden Regional Park is popular with swimmers during the hot summer months. Nine Regional Parks lakes and lagoons, and Roberts pool, together provide summer swimming, year-round fishing, and a variety of other recreational activities.

On Tuesday, July 4, Park District staff will be handing out free "Lakes Appreciation" gifts at the entry kiosks of Regional Parks swimming lakes. The giveaway is in honor of California's Lakes and Reservoirs Appreciation Week, which occurs the first week of July.

This weeklong celebration is sponsored by California's Department of Water Resources and Department of Boating and Waterways to recognize the important contributions lakes and reservoirs make to all Californians' quality of life.

Locally, you can celebrate Lakes Appreciation Week at these East Bay Regional Park District locations: Lake Anza (Tilden, Berkeley), Lake Del Valle (Livermore), Quarry Lakes (Fremont), Shadow Cliffs (Pleasanton), and Lake Temescal (Oakland). Gifts are available while supplies last and are offered only on July 4.

Scene on the Strait 2006
California's Biggest Art and Environmental Festival Celebrates 10th Anniversary

Sponsored by the Carquinez Regional Environmental Education Center (CREEC), Scene on the Strait celebrates its milestone 10th anniversary with a gala celebration Saturday and Sunday, August 12 and 13, at Martinez Regional Shoreline in Martinez. Hours are 11 a.m. to 5 p.m. on August 12; and 11 a.m. to 4 p.m. on August 13. Admission and parking are free. Call (510) 787-9772 or visit www.CREECyouth.org for directions or more information.

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General Info/Free Brochure: ....(510) 562-PARK
Camping Reservations: ....(510) 562-CAMP
Picnic Reservations ....(510) 636-1684
Naturalist Program Reservations ....(510) 636-1684
TDD ....(510) 633-0460
Website.... www.ebparks.org

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Protecting Public and Natural Resource Values

Park District kicks off wildfire hazard reduction and resource management plan

Brian Wiese
Chief, Planning and Stewardship

Between 1990 and 2003, wildfires destroyed some 11,000 homes in California. The 1991 Oakland Hills fire destroyed 2,900 homes, valued at $1.7 billion, and killed 25 people. It was the largest wildfire in the history of the Bay Area, but only the latest of 11 major wildfires in the East Bay hills since 1923.

Common to all these catastrophic fires were hot dry days in the fall and "Diablo Winds" from the east, driving fires through dry vegetation and hills neighborhoods. When a fire reaches a certain intensity under these conditions, it is virtually impossible to control.

The Park District has been managing flammable vegetation on public wildlands to help prevent the spread of fires by creating a fuel break to remove eucalyptus trees damaged in a 1973 freeze. After a ridge fire in 1980, the District began working with neighboring cities to minimize the likelihood and curtail the spread of catastrophic wildfires along the urban interface. Fuels management activities were incorporated into the District's Master Plan and several park land use plans.

Wildfire hazard reduction and vegetation management are major goals of Measure CC, passed by voters in 2004. The District has begun a two-year planning process that will define its fuels management activities over the coming years. The plan has the dual goal of reducing wildfire hazards to protect human life and property values while protecting and enhancing wildlife, habitat, and other natural resource values in the parks.

Vegetation in the East Bay hills has always been managed, and often highly altered, by humans. Native Americans burned extensive areas to reduce brush and encourage seeding grasses. Anglo settlers logged the hills' redwood trees heavily in the 19th century, and later replaced them with eucalyptus as a "renewable" building material–an expensive, and, as it turned out, highly flammable boondoggle.

The Park District's Resource Management plan aims to reduce highly flammable vegetation in a manner that will discourage replacement by exotic weed species and make it possible and economical to manage vegetation over time.

Environmental consultants will run computer simulations, based on existing vegetation, topography, wind and weather conditions, to determine how wildfires would behave in Diablo Wind conditions. The resulting models will point to priority areas for wildfire fuels management. The areas will then be assessed for natural resource values, and prescriptions will be developed to sustainably manage vegetation while protecting and enhancing desirable plant species, wildlife habitat, and other resource values.

The Park District will host a series of public meetings throughout the two-year planning process, and updates on the plan and future meeting dates will also be posted periodically on the District's website, www.ebparks.org.

On certain high fire danger "red flag" days, the Park District may need to close some parks and trails. For a list of park closures or use restrictions, check the 24-hour Fire Weather Park and Trail Closure Hotline at (510) 544-2222.

Regional Parks Fire Captain Brad Gallup, Lt. Sam Nichols, and Captains Tim August and Brian Cordiero (from left) hold a pre-burn meeting (above) prior to conducting a prescribed fire to remove eucalyptus fuels from the Oakland hills (top photo).

Holey Moley! A snake hole!

Katie Colbert, Naturalist, Sunol Regional Wilderness

Look closely–but don't stick your nose in that hole! If you frighten a rattlesnake, its bite can be bad news!

Our northern pacific rattlesnakes are the only venomous serpents likely to pose a threat to park visitors. Although they use their venom primarily to kill rodents and lizards, they may also use it in defense. Even baby rattlesnakes can inject venom, although they have only a fraction of a larger snake's supply. A bite from a rattlesnake of any age, including a baby, should be regarded as a medical emergency requiring an immediate trip to the emergency room.

Katie Colbert

Northern pacific rattlesnake.

Rattlers can hang out almost anywhere, from near a building to beneath a rock. To avoid a "buzzworm" bite, look before you step! Never put your hands, feet, rear, or gear any place you can't see clearly first. And trying to restrain or tease a rattlesnake is a recipe for trouble. Many, if not most, rattlesnake bites are to the hands and upper arms.

If you are bitten, call 911, try to stay calm, and remove any constricting jewelry or clothing. Do not use tourniquets, ice, knife, mouth suction, alcohol, or electric shock. These "traditional" remedies don't work and cause harm. When hiking deep into the parklands, go with a buddy and plan for all emergencies.

Rattlesnakes exhibit parental care of their young, may use the same winter retreat year after year, and gobble up lots of ground squirrels–but can also go for months without eating. Treat them with respect; they are amazing creatures, part of the intricate web of life in the Bay Area.

To learn more about rattlesnakes, attend a naturalist program or visit one of the Park District's visitor centers.

Father's Day Idea!

Tour the Golden State Model Railroad Museum

Golden State Model Railroad Museum workers pause for a group photo during their construction of the O scale layout. The scale model trains run every Sunday from noon until 5 p.m.

Treat dad to something special this Father's Day! Take him to the **Golden State Model Railroad Museum** at Miller-Knox Regional Shoreline in Richmond.

One of the oldest and largest model railroad museums in the country, the 10,000 square foot facility is home to three large model railroads in different scales replicating different sections of California.

Whether viewing the glamorous passenger trains of the past at the Oakland "Mole," the intriguing train operations on Tehachapi Loop, or an actual mining operation, the museum has it all! Many of the scenes are historical in nature, making the Museum a treasure for adults and children alike. Trains are guaranteed to be running on Sunday afternoons.

The Golden State Model Railroad Museum layouts are operated by the East Bay Model Engineers Society, and the Museum is located at 900-A Dornan Drive in Point Richmond, across Dornan Drive from Miller-Knox Regional Shoreline.

The museum is open with trains running every Sunday from noon to 5 p.m. The museum is also open Saturdays from noon to 5 p.m. but trains only run on Sunday–but you can still view the layouts.

Admission is charged on Sundays only, and is $3 for adults, $2 for seniors and children under 12, or $7 for a family.

For more information including a downloadable map to the facility, please visit www.gsmrm.org or call (510) 234-4884.

Vacation Idea!
Mid-week Camping!!

With gasoline prices soaring, sticking close to home may be a real necessity this summer. But don't let summer slip away without a family vacation. Consider a family camping trip at an East Bay Regional Park–midweek! Some of the best-ranked family campsites are right here at Anthony Chabot (east of Oakland, north of Castro Valley) and Lake Del Valle (near Livermore). Both locations offer large campsites, RV hookups, barbeque pits, picnic tables, and nearby recreation. Most campsites are reserved a month ahead of time for weekend dates. However, midweek, there are many choice spots available. Camping reservations may be made online at www.ebparks.org or by calling Reservations at (510) 562-CAMP (2267).

New kayak, boat, Hobie rental concessions at Del Valle

The East Bay Regional Park District welcomes two new concessionaires to Lake Del Valle. **Rocky Mountain Recreation Company** operates our marina, campground store, and food concessions in addition to offering new services and reduced rates on motorboat, patio boat, and pedal boat rentals. Reach them at (925) 449-5201. **Sunrise Mountain Sports** operates the kayak concession, and offers rentals and lessons for single and double kayaks and sea kayaks, and single and double pedal-power Hobies. Call (925) 447-8330 for more information.

For more information, see www.ebparks.org, or call (510) 544-2203 or 2214.

EAST BAY REGIONAL PARK DISTRICT
AND
KAISER PERMANENTE® thrive

are proud partners in 2006 with the mutual goal of promoting health and fitness.

Health Matters

Don't Run from the Sun

Here are some tips for healthy living in the sun from Kaiser Permanente. Every time you or your child gets a sunburn, the risk for skin cancer is increased. Fortunately, sunburn is easy to prevent.

- Apply sunscreen with a sun protection factor (SPF) of at least 15 every time you're going to be in the sun for more than 15 minutes.
- Reapply sunscreen as directed by the manufacturer as long as you're outdoors.
- If you're allergic to PABA–the active ingredient in many sunscreens–ask your pharmacist about sunscreens that don't contain this ingredient.
- No medication can speed healing from a sunburn, so few people with sunburns need to see a doctor for treatment.
- Dehydration can occur after prolonged exposure to the sun. If you develop signs of heat stroke, such as fatigue, weakness, dizziness, nausea, or cool and clammy skin, call your doctor or health care professional. Also call if you feel very ill, if a sunburn is accompanied by severe blistering and a fever of 102 degrees or higher, or if you experience dizziness or vision problems after you've cooled off.

Ease back into summer

- Use sunscreen. Reduce sun exposure between 10 a.m. and 2 p.m., when the burning rays are strongest.
- Wear light-colored clothes that fit comfortably and cover the body as much as possible. Wear a broad-brim shade hat.

Kaiser Permanente is a major sponsor of the Park District's 2006 Trails Challenge. To learn more about getting in shape and healthy lifestyles, including The 10,000 Steps® Program, visit www.kp.org (you do not need to be a member of Kaiser to join these programs).

AQUATICS

LEARN TO SWIM

All swim lessons are American Red Cross standards, with 4-6 students per instructor, ten half-hour lessons. Refer to the skill level descriptions below.
Fee: $50/session (non-res. $56)
Please note * denotes 45-minute class at $70/session.

ROBERTS POOL, OAKLAND

Morning
Session 2: 7/3-7/14
10-10:30am .... Levels I, II, III, IV
10:30-11am .... Levels I, II, III, IV
11-11:30am... Levels I, II, IV, V*
11:30-noon... Parent and Me, II, III
Session 3: 7/17-7/28
10-10:30am .... Levels II, III, IV, VI*
10:30-11am .... Levels I, III, IV, V*
11-11:30am... Levels I, II, IV
11:30-noon... Parent and Me, II, III
Session 4: 7/31-8/11
10-10:30am .... Levels I, III, IV, V*
10:30-11am .... Levels I, II, III, IV
11-11:30am... Levels I, I, II, IV
11:30-noon... Parent and Me, II, III
Session 5: 8/14-8/25
10-10:30am .... Levels II, III, IV, VI*
10:30-11am .... Levels I, III, IV, V*
11-11:30am... Levels I, I, II
11:30-noon... Parent and Me, II, III

Evening

Session B: 7/3-7/14
6-6:30pm .... Parent and Me
6:30-7pm .... Levels I, II
7-7:30pm.... Levels III, Adult Beginner
Session C: 7/17-7/28
6-6:30pm .... Parent and Me
6:30-7pm .... Levels I, II
7-7:30pm.... Levels III, IV
Session D: 7/31-8/11
6-6:30pm .... Parent and Me
6:30-7pm .... Levels I, II
7-7:30pm.... Levels III, Adult Beginner
Session E: 8/14-8/25
6-6:30pm .... Parent and Me
6:30-7pm .... Levels I, II
7-7:30pm.... Levels III, IV
Private
6/19 – 8/25: Mon/Tues or Wed/Thur/Fri
7:30-8pm
Fee: $45/two-day session (non-res. $51)
$65/three-day session (non-res. $73)

Happy swimmer with certificate at Contra Loma.

CONTRA LOMA, ANTIOCH

Session 2: 7/3-7/14
5:30-6pm .... Parent and Me, I, II, III
6-6:30pm .... Levels I, I, II, IV
6:30-7pm .... Parent and Me, I, II, III
7-7:30pm .... Levels I, II, II, III
Session 3: 7/17-7/28
5:30-6pm .... Parent and Me, I, II, III
6-6:30pm .... Levels I, I, II, IV
6:30-7pm .... Parent and Me, I, II, III
7-7:30pm .... Levels I, II, II, III
Session 4: 7/31-8/11
5:30-6pm .... Parent and Me, I, II, III
6-6:30pm .... Levels I, I, II, IV
6:30-7pm .... Parent and Me, I, II, III
7-7:30pm .... Levels I, II, II, III

Parent & Me – for children six months to five years. Must be accompanied by an adult in the water. Designed to help children become comfortable in the water so they are ready to learn to swim. Parents learn teaching skills to assist their children. No prerequisite.
Level I – Water exploration: for ages 5 +. Skills include bobbing, supported floating, blowing bubbles, kicking, and personal safety. No prerequisite.
Level II – Primary skills: includes unsupported floating, kicking, finning, combined arm/leg locomotion, turning back-to-front and front-to-back, and personal safety. Prerequisite: Level I skills.
Level III – Stroke development: skills include object retrieval, jump/dive recovery, front/back crawl, tread water, and personal safety. Prerequisite: Level II skills.
Level IV – Stroke improvement: front/back crawl and elementary backstroke. Introduction to breast stroke, side stroke, standing front dive, open turns at walls, rescue breathing, and CPR. Prerequisite: Level III skills.
Level V – Stroke refinement: continue Level IV strokes/turns, introduction to butterfly, personal safety while diving, and spinal injury awareness. Prerequisite: Level IV skills.
Level VI – Advanced skill proficiency: Technique and endurance for Level V skills, turns for all strokes, additional safety and rescue skills. Prerequisite: Level V skills.

Noodle train at Roberts Pool swim lessons.

RECREATION SWIM

Lifeguarded swim hours are typically 11 a.m.-6 p.m. during swim season. Facility addresses and phone number's are listed on inside back cover or visit ebparks.org/swimming for specific dates and times.
Lake Anza, Berkeley; Contra Loma, Antioch; Cull Canyon, Castro Valley; Del Valle, Livermore; Don Castro, Hayward; Quarry Lakes, Fremont; Roberts Pool, Oakland; Shadow Cliffs, Pleasanton; Lake Temescal, Oakland

DISABLED SWIM

Roberts Pool, Oakland, Mondays only: 6/13-8/28, 12:30-3:30pm
Enjoy our completely accessible pool. This time is reserved exclusively for disabled guests and their families.
Info: (510) 636-1684. Fee: $3/adult, $2/senior, child & disabled

PRIVATE POOL RESERVATIONS

Roberts Pool, Oakland
M-F daytime only, 9/5-10/6
Roberts Pool is a perfect facility for a swim party. Lifeguard service provided. 150 person maximum: alcohol not permitted.
Reg. Required: (510) 636-1684
Fee: call

JUNIOR LIFEGUARDS

9am-3pm Mon-Fri
(2-wk sessions)
Beach and water fun for youth. Instruction in water safety, first aid, CPR, lifeguard skills and equipment, and physical conditioning. Emphasis is on self-esteem, teamwork and fun. Must complete a 50-yard swim test the first day. Pre-testing is available. (9-15 yrs)
Reg. Required: (510) 636-1684
Fee: $200/2-week session (non-res. $220)10% discount for siblings or multiple sessions (not available with online registration). Mandatory uniform: $30-shorts, T-shirt, hat.
Choose a session and one of our six locations when registering.
Sessions
Session 2: 7/10-7/21
Session 3: 7/31-8/11
Locations: Lake Anza, Berkeley; Contra Loma, Antioch; Cull Canyon, Castro Valley; Quarry Lakes, Fremont; Shadow Cliffs, Pleasanton; Lake Temescal, Oakland.

RECREATION

For Recreation program information, call (510) 544-2554 or email recreation@ebparks.org. To register, please call (510) 636-1684. Special Cancellation Policy applies for all Recreation programs; see page 11. All classes dependent on registration minimums.

TRAILS CHALLENGE & MAY MARATHON

Get the 2006 Guidebook with 20 of the best hikes in the Regional Parks, commemorative pin, and the Trails Challenge T-shirt. New this year–trail bandanas for you or your canine friends for $4. These hikes are a great way to see new parks, be active and get healthy. Kaiser Permanente is a major sponsor of the 2006 Trails Challenge. Materials mailed April 14. Kaiser employees: please note your facility when registering.
Reg. Required: (510) 636-1684
Fee: Trails Challenge #11563: $13 (non-res. $15).
May Marathon #11564: $18 (non-res. $20)
Kaiser Employee Trails Challenge #11902

KIDS CHALLENGE PASSPORT

The all new 2006 Passport to the Parks (#11580) is filled with fun activities for kids. All receive frisbees, and those that complete the Kids Challenge (six activities by Dec.) will get a commemorative patch and carabiner compass.
Reg. Required: (510) 636-1684
Groups of 10+ call (510) 287-5847
Fee: $8 (non-res. $10)

DISCOVER KAYAKING

Chabot Marina Current Adventures
10am-2:30pm, Sun, Jul 2 #12665, Sun, Jul 23 #12666, Sun, Aug 6 #12667, Sat, Aug 26 #12668
Get in-depth instruction for paddling from certified instructors. Learn equipment selection and basic paddling techniques while touring the lake in a single kayak (double kayaks available upon request). You'll have lots of time to practice as we explore the bays and inlets of the lake. 5+yrs
Reg. Required: (510) 636-1684
Fee: $85 14+ years/
$69 child 5-13 years
(non-res. $95/$77)

PARK'N IT DAY CAMP

8:30am- 4:30pm
Wed-Fri, Jul 5-7 Shadow Cliffs #11762
Mon-Fri, Jul 10-14 Pt. Pinole #11763
Mon-Fri, Jul 17-21 Contra Loma #11764
Mon-Fri, Jul 24-28 Contra Loma #11765
Mon-Fri, Jul 31-Aug 4 Ardenwood #11766
Mon-Fri, Aug 7-11 Ardenwood #11773
Park'n It is a one-of-a-kind adventure where you will explore the Regional Parks through field trips, art, swimming and play. Recreation leaders, naturalists, rangers and lifeguards will take you behind the scenes to discover nature's secrets. This fun-filled day camp helps

FREE FAMILY FUN NIGHTS
Various parks
6-7:30pm, Thursdays through Aug. 24
Join us for an evening of outdoor fun for the whole family. Come for free arts & crafts, games, naturalist-led activities, and ice-cold lemonade! Family Fun Nights will be held every Thursday night from 6-7:30 p.m. through August 24. **July 6**: Middle Harbor. **July 13**: Ardenwood. **July 20**, Contra Loma. **July 27**: Shadow Cliffs. **Aug. 3**: Martinez Shoreline. **Aug. 10**: Coyote Hills. **Aug. 17**: Tilden Nature Area. **Aug. 24**: Pt. Pinole. Drop-by anytime! For more information and a program flyer call: (510) 544-2512 or email recreation@ebparks.org.

to promote healthy parks and healthy kids. 10 percent discount given for each additional child in family or for additional sessions when enrolled in more than one. Extended care will be offered on-site from 4:30 pm to 5:30 p.m. daily. There will be no prorated fees for days missed. 5-13yrs.
Reg. Required. (510) 636-1684
Fee: $200 (non-res. $220)
July 5-7 Fee: $120/$132 non-res.
Extended Care Fee: $20
($22 non-res.)
July 5-7 Fee: $12 (non-res. $14)

PARK'N IT JUNIOR RECREATION LEADER
8:30am- 4:30pm
Wed-Fri, Jul 5-7 Shadow Cliffs #12235
Mon-Fri, Jul 10-14 Pt. Pinole #12238
Mon-Fri, Jul 17-21 Contra Loma #12236
Mon-Fri, Jul 24-28 Contra Loma #12237
Mon-Fri, Jul 31-Aug 4 Ardenwood #12233
Mon-Fri, Aug 7-11 Ardenwood #12234
Would you like to be a Recreation Leader (camp counselor)? This is your chance to learn what it takes! Receive hands-on training while assisting camp leaders during Park'n It Summer Day Camp. Attend the weeks of camp of your choice; see dates above. 15+yrs
Reg. Required: (510) 636-1684
Fee: July 5-7 $30 (non-res. $34)
Other dates $50 (non-res. $56)

TEEN WEEKS
Various parks Recreation Staff
9am- 4:30pm, Wed-Fri, Jul 5-7 #11780, Mon-Fri, Aug 14-18 #11777, Mon-Fri, Aug 21-25 #11779
Come hang out in the Regional Parks this summer! You will have the chance to try adventurous outdoor activities like mountain biking, kayaking or fishing, as well as have plenty of time to kick back at the beach with your friends. You will earn community service hours during service projects such as building trails, planting trees, removing non-native plants and coastal clean-ups. Your hard work will be rewarded with an awesome BBQ and ice cream party on the last day. 13-17yrs
Reg. Required: (510) 636-1684
Fee: July 5-7 $105 (non-res $117)
Other dates $175 (non-res. $193)

INTRO TO FLYFISHING–FISH FIRST!
Lake Anza Fish First!
7am-1pm, Sun, Jul 9 #12658, Aug 13 #12659
This exciting and informative day is geared toward the beginning angler. Spend three hours at Lake Anza practicing casting with a certified fly-casting instructor. Then enjoy three hours of classroom instruction where you will be introduced to knots, fly selection, reading the water, and more. 18+yrs
Reg. Required: (510) 636-1684
Fee: $60 (non-res. $66)

INTERMEDIATE BAY PADDLING
MLK Jr. Shoreline Current Adventures
11am-4pm, Sun, Jul 9 #12669
10am-3pm, Sat, Aug 5 #12670
10am-3pm, Sun, Aug 20 #12671
This is an in-depth focus on skills to go paddling on your own. Learn proper strokes, maneuvers, tide/current basics, and capsize recovery while paddling on the bay. The MLK Jr. marshlands offers great opportunities for viewing shorebirds while you learn to navigate the bay environment. 14+yrs
Reg. Required: (510) 636-1684
Fee: $85 (non-res. $95)

INTRO TO GOLF
Tilden Golf Course American Golf Corp.
5:30-7:30pm, Thu, Jul 13 #12646
5:30-7:30pm, Tue, Aug 8 #12647
Learn pre-shot and full-swing fundamentals, and become familiar with terminology/equipment. Golf balls and loaner clubs are provided. Participants will also receive a free $20 range card for use at the driving range and $20 off a future class at the golf course. 14+yrs
Reg. Required: (510) 636-1684
Fee: $50 (non-res. $56)

INTRODUCTION TO FISHING
Shadow Cliffs Mike Hawley
8-10am, Fri, Jul 14 #12655
Beginning anglers will learn the basics of fish habitat and ecology as well as knot tying, casting, and gear selection skills. This class is perfect for anyone interested in the sport of fishing. Equipment provided. California fishing license is required for participants 16 and older. Parent participation required for ages 5-12 years. 5+yrs
Reg. Required: (510) 636-1684
Fee: $19 14+yrs/$15 child 5-15 (non-res. $21/$17)

FAMILY CAMPOREE!
Del Valle Family Campground
Sat-Sun, Jul 15-16 #11586,
Sat-Sun, Aug 5-6 #11587
The East Bay Regional Park District is proud to offer two exciting Family Camporees! Come spend the night with your family and friends at beautiful Lake Del Valle! Get away from TV's, telephones, and video games and enjoy a weekend in the great outdoors. These weekends are perfect for those with little or no camping experience. Activities may include hikes, arts & crafts, nature programs, how-to-camp clinics, campground games, campfire activities, night hikes and an outdoor movie! Come prepared to relax, enjoy nature, and spend quality time with your family. Participants supply their own food, camping supplies, and equipment.
Reg. Required: (510) 636-1684
Fee: $16 13+yrs/$10 3-12yrs (non-res. $18/$12)

PADI AWARE SEA CAMP
Contra Loma
11am- 1pm, Mon-Fri, Jul 17-21 #12217
This exciting new program is built around action packed AWARE Kids Program and the PADI Seal Team. Each day you will complete an underwater pool adventure where you will learn scuba activities. 8-12yrs
Reg. Required: (510) 636-1684
Fee: $100 (non-res. $110)
Materials: $80

BEGINNING PORTRAIT PHOTOGRAPHY
Lake Chabot Jack Ligon
8am-4pm, Sat, Jul 22 #12649, Aug 26 #12650
Join us for a fabulous photography class that will leave you seeing from a brand-new perspective. Posing, posture, expression, composition, light, and color will be thoroughly covered. Your personal style and vision will be enhanced by the many stimulating class exercises. ANY camera will do! 15+yrs
Reg. Required: (510) 636-1684
Fee: $65 (non-res. $73)

BASICS OF BASS FISHING
Contra Loma Mike Hawley
8-10am, Sat, Aug 26 #12652
Learn how to catch the 'big one'! In this class, participants already familiar with fishing will learn the basics of bass fishing including rigging, casting, knot tying, ecology and conservation, habitat, and fish behaviors. There will be hands-on fishing time during which participants will be able to demonstrate what they have learned. Gear provided.
Reg. Required: (510) 636-1684
Fee: $19 16+yrs/$15 5-15yrs (non-res. $21/$17)

BROOKS ISLAND "OUTFITTER" PADDLE
Brooks Island
California Canoe & Kayak
9am-3pm, Sat, Jul 8 #12678, Sat, Aug 5 #12679
Current Adventures
11am-4pm
Sun, Aug 27 #11667
Join us for an exciting day of kayaking and exploration! This trip is an easy, short paddle in stable, double kayaks across sheltered bay water with spectacular views of San Francisco. Paddle along Brooks Island preserved shoreline then come ashore to enjoy a guided, 2-mile hike around the island which is normally closed to visitors. Instructors will give a brief introduction to equipment and strokes. 14+yrs
Reg. Required: (510) 636-1684
Fee: $85 (non-res. $95)

BROOKS ISLAND "BRING YOUR OWN BOAT" PADDLE
Brooks Island Interpretive Staff
10am-2pm, Sun, Jul 23 #11627; Sat, Aug 19 #11629
Paddle the rising tide across the Richmond Harbor Channel to Brooks Island. Explore the island's natural and cultural history, and enjoy views from its rocky peak. For experienced boaters who can provide their own canoe or kayak, and safety gear. Parent participation is required.
Reg. Required: (510) 636-1684
Fee: $20 (non-res. $22)

ARDENWOOD

Ardenwood is open Tues.-Sun. 10 a.m.-4 p.m. Patterson House tours are available Thurs-Sun. Blacksmithing demonstrations Thur, Fri, Sun, and every other Saturday. Horse drawn train rides and food service available Thur, Fri, and Sun. Admission fees apply. For program and fee info: (510) 796-0663, ardnwood@ebparks.org or www.ebparks.org.

CAJUN/ZYDECO FESTIVAL
Ardenwood
10am-7pm, Sat, Sep 23
SAVE THE DATE–Sept. 23–for the Cajun/Zydeco Festival at Ardenwood. Tickets available beginning Aug. 15 at www.ebpaks.org or call (510) 636-1684.

ANIMAL FEEDING ♿ KIDS
Ardenwood Interpretive Staff
3, Every Thu-Sun in Jul & Aug
Feed the pigs, check for eggs, and bring hay to the livestock. You'll learn all the animals' favorite foods as you help shut the farm down for the evening.

VICTORIAN FLOWER ARRANGING ♿
Ardenwood Docents
10:15-11:30am, Every Thursday in Jul & Aug
The beauty of nature gained new popularity in the late 1800s and flowers were a way to bring the splendor of the outdoors into your home. Watch as our docents create floral works of art for display in the Patterson House Museum.

INDEPENDENCE DAY CELEBRATION ♿
Ardenwood Gaeta Bell, Staff
10am-4pm, Tue, Jul 4
Join us for a fun-filled community festival, 1900-style! Celebrate July 4th at Ardenwood with rousing patriotic music from a brass band on the lawn and fiddle music in the farmyard. There will be games, contests and races for everyone all day long. Test your skill at nail-driving, egg toss and watermelon seed spitting or join a bucket brigade and tug-o-war contest. Bring a picnic and spend the day the old-fashioned way!
Fee: $8 18+ years/$6 senior 62+, $5 4-17 years

COOKING IN THE COUNTRY KITCHEN
Ardenwood Interpretive Staff
10:30am-1:30pm, Every Sat & Sun in Jul & Aug
Stop by the Country Kitchen for a taste of the past. Sample a cookie or biscuit straight from the wood-burning stove and see why cooking outside always makes food taste better. Pick up an historic recipe to try at home.

FLOWER PRESSING ♿
Ardenwood Amy Baldwin
12:30-1:30pm, Sat, Jul 1
Can a flower last forever? If you press it! Create an Ardenwood keepsake. Use garden flowers or blooms from the fields, assemble your press and frame, all to take home.

PAPER-MAKING WORKSHOP ♿
Ardenwood Jou Ching Chen
12:30-2pm, Sun, Jul 2
Paper-making is a tradition going back for thousands of years. Learn about this fun art and create your own with pressed flowers and plants collected around the farmyard.

ANIMAL TALL TALES ♿ KIDS
Ardenwood Amy Baldwin
2-3pm, Sun, Jul 2
Why don't horses speak? How did that trout learn to walk? Did a rattlesnake bite a hoe? Come, relax and listen to fabulous tall tales of amazing animals!

OLD-FASHIONED TOY-MAKING ♿ KIDS
Arde abies. Join us for a goat story and some kid-fun!

CIVIL WAR DAYS
Ardenwood NCWA & Staff
10am-4pm, Sat & Sun, Aug 19 & 20
Join hundreds of volunteers from the National Civil War Association as they recreate scenes from this tumultuous period of our nation's history. Watch cavalry, infantry and artillery units engage in battles. Wander through the encampments to experience the sights and sounds of history brought to life. Avoid the lines–advance tickets available by calling (510) 636-1684 or on-line at www.ebparks.org.
Fee: $8 18+ years/$6 senior 62+ $5 4-17 years

FARMING WITH THE LITTLE RED HEN ♿
Ardenwood Christina Garcia
1-2pm, Sat, Jul 15, 22, 29
Hear the story of The Little Red Hen and learn how wheat is made into bread. Then lend a hand processing our grain into flour. Who will help us thresh the wheat? You will, after you see how much fun it is!

BAKING BREAD ♿
Ardenwood Amy Baldwin
2-3pm, Sat, Jul 15
Victorian households often reserved several days a week for the family's baking. Discover the fun of kneading your very own pretzel that we'll bake for you in our wood-fired oven.

TODDLER TIME ♿
Ardenwood Ira Bletz
10:30-11am, Tue, Jul 11, 18, 25, Aug 1
Bring the tiny tots out for an exciting morning at the farm. Each day we'll meet and learn all about a new animal friend through stories, chores and fun. **July 11**: Sheep. **July 18**: Pigs. **July 25**: Chickens. **Aug. 1**: Goats. 1-4 yrs

JUNIOR VICTORIAN EXPLORERS KIDS
Ardenwood Nicholas, Twomey
Noon-1:30pm, Sun, Jul 16 #12457, Aug 6 #12459
Come explore the wilds of Ardenwood in an exciting children's program designed to teach nature observation skills. **July 16**: The microscopic world. **Aug. 6** Plant identification, collection and preservation. 7-12 yrs
Reg. Required: (510) 636-1684

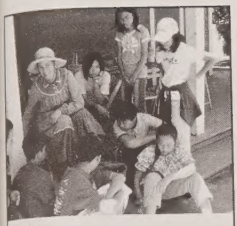
LOVELY LADIES CROQUET ♿
Ardenwood Ardenwood Volunteers
1-3pm, Sun, Jul 16, Aug 27
Social requirements did not always limit Victorian ladies to watching sports from the sidelines. Enjoy an entertaining example of a "very Victorian" croquet game played by our elegant volunteers.

TUESDAY TWILIGHT
Ardenwood Bletz, Ferreira
7-9pm, Tue, Jul 18
See description on page 13.

AN EVENING WITH THE STARS ♿
Ardenwood Garcia, Nicholas
8-9:30pm, Fri, Jul 21, Aug 25
Spend an evening with the stars. Come out to do some great astronomy activities. View the universe by telescope and hear stories about the skies above. Personal telescopes welcome.

BERRY PICKING
Ardenwood Interpretive Staff
10:30-11:30am, Sat, Aug 12
Summer's succulent blackberries are ready for picking! Bring your own berry

A WALK IN TIME: MAKING HISTORY AND ART ♿
Patterson House Museum
10am-4pm, Sat, Aug 12
Surround yourself with art, music, and history while enjoying Ardenwood's beauty and tranquility. Join us for a day filled with hands-on art and crafts for children, tours of the elegantly restored Patterson House Museum, silent film viewing, children's lawn games and Victorian garden tours. Classical musical groups and local talents will serenade you as you enjoy fine art displays from a variety of well-known local artists.
Fee: $5 adults 16+years & seniors/under 16 years free



OLD-FASHIONED ICE CREAM ♿ KCC
Ardenwood Interpretive Staff
2-3pm, Sat, Aug 5
1-2pm, Sun, Aug 13, 27
Ever wonder why you need lots of salt to make ice cream? Find out as you help turn some tasty ingredients into this most popular dessert, the old-fashioned way. We'll devour the results and you won't even taste the salt.

basket and gather a bunch to take home for pies, cobblers and other summertime treats.

CORN DOLLIES ♿
Ardenwood Amy Baldwin
11am-noon, Sat, Jul 22
In Britain a 'corn' dolly was a decoration made of woven wheat. Select a pattern or use your imagination to create your own summer corn dolly to take home.

BEAUTY FROM ASHES ♿
Ardenwood Jou Ching Chen
2-3pm, Sat, Jul 22, 29
Use your imagination to turn cast away trash into beautiful art and useful objects. Learn a few tips on helping our planet along the way.

LITTLE WONDERS
Ardenwood Eric Nicholas
11am -noon, Sun, Jul 23, Sat, Aug 5
Bring out your bundles of joy and your energy. We are going to be crawling around looking for nature's hidden treasures with you and your young ones. For parents and toddlers.

PICKIN' PERFECT PANCAKES ♿
Ardenwood Nicholas, Twomey
Noon-1pm, Sun, Jul 30
Here at the farm we don't have pancake mix in a bag or a box. Join us as we go around the farm gathering the ingredients to make perfect pancakes.

IMAGES FROM ANOTHER TIME ♿
Ardenwood Eric Nicholas
3:30-4:30pm, Sun, Jul 30, Sat, Aug 12
Bring your camera for a look at Ardenwood though a lens. A private tour of the Patterson House, the fashions of the day and animals, how can you miss?

PARK'N IT DAYCAMP ON THE FARM
Ardenwood
Mon-Fri, Jul 31-Aug-4 Ardenwood #11766
Mon-Fri, Aug 7-11 Ardenwood #11773
See description on page 4.

WISH-WASHIN' ♿ KCC
Ardenwood Erin Twomey
1-2pm, Sat, Aug 5
Splish-splash-- the animals are taking a bath! Come laugh and have fun while washing the animals in the sun!

SALVE YOUR PROBLEMS ♿
Ardenwood Eric Nicholas
2-3pm, Sun, Aug 6
Sunburn getting you, skin dry, or are the bugs biting? Learn the history and methods of preparing age-old skin remedies which protected our ancestors' hides.

THE AMAZING EGG ♿
Ardenwood Amy Baldwin
12:30-1:30pm, Sat, Aug 12
Ever fry an egg on the sidewalk, float one in water, or test the strength of an eggshell? Taste an egg cooked inside a pepper and play some egg games.

NATURE'S ART KCC
Ardenwood Eric Nicholas
1:30-2:30pm, Sat, Aug 12
The wonders of nature are both beautiful and complex; explore the farm's habitats searching for nature's works of art. Then we shall make a work of art with her help. 5+yrs

WHERE ARE YOU? ♿
Ardenwood Erin Twomey
11am-noon, Sun, Aug 13
Come out, come out wherever you are! Learn how the Mommy and baby animals find each other. This is a parent-toddler program.

STICHIN' STORIES ♿
Ardenwood Erin Twomey
2-3pm, Sun, Aug 13
Did you know that quilts tell stories? Hear a tale from a quilt and then make your own!

ALL IN THE BAG ♿
Ardenwood Erin Twomey
Noon-1pm, Sun, Aug 27
We've dried our herbs and now we need you! Join us in the sun and make some potpourri bags to take home!

WILDCRAFTING MEDICINAL PLANTS
Ardenwood Eric Nicholas
1:30-2:30pm, Sun, Aug 27
Walk in the gardens and fields of Ardenwood and learn to identify various healing plants from days gone passed. Afterwards, you will prepare the bounty of our work for home.

THE SOLAR EVENT
Ardenwood Eric Nicholas
3:30-4:30pm, Sun, Aug 27
Summer is coming to a close but the sun is still here, so come enjoy it while you can. Observe our glorious Sun with a host of safe solar instruments.

BLACK DIAMOND

All Black Diamond programs (unless otherwise noted) meet at the parking lot at the south end of Somersville Road in Antioch. For info call (925) 757-2620 or email bdvisit@ebparks.org.

HAZEL-ATLAS SILICA-SAND MINE TOUR KCC SP
Black Diamond
Various times, weekends, Mar-Nov
Explore the underground through a guided tour and learn its history, geology, and the methods used to mine the sandstone. An hour-long advanced reservation tour is offered at 11a.m., 1 p.m., and 2 p.m. weekends through November. A 10 a.m. tour is available to groups of 10 or more on weekends. First come/first served tours are offered at noon and 3 p.m. weekends only. Must be at least 7 years old, parent participation required.
Reg. Required: (510) 636-1684
Fee: $3

WRAPPED-UP IN RAPTORS SP
Black Diamond Sabrina Dussau
2:30-3:30pm, Sat, Jul 1
They fly through the air with the greatest of ease and hunt for rodents from branches in trees. Find out why raptors are important. Meet at Greathouse Visitor Center.

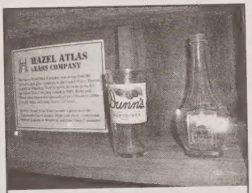
TREE-MENDOUS PAPER MAKING SP
Black Diamond Sabrina Dussau
10-11:30am, Sat, Jul 8
Discover the art of making paper while learning about the plants that make it possible. Meet at Greathouse Visitor Center.

SNAKES SP
Black Diamond Sabrina Dussau
2:30-3:30pm, Sat, Jul 8
Munch, munch. What do snakes eat for lunch? EW-EEEE who's slithering under that tree? Conquer your fears and discover the world of snakes. Meet at Greathouse Visitor Center.

CREATURE FEATURE ♿
Black Diamond Sabrina Dussau
9:30-11am, Thu, Jul 13 #12496, 27 #12497
Animals live in every nook and cranny of the park. Join us each week as we take a closer look at some of the crannies and the critters that call them home. 3-6yrs
Reg. Required: (510) 636-1684
Fee: $6 (non-res. $8)

GOATS ARE GREAT KCC
Ardenwood Christina Garcia
10:30-11:30am, Sat, Jul 1, Aug 5
Find out why goats are so special as you lend a hand grooming Angel, Gretchen and Inga. Help clean their pen and take them on a walk around the farm.

FARMYARD GAMES KCC
Ardenwood Interpretive Staff
12:30-1:30pm, Sat, Aug 12
Bring the family for some old-fashioned fun! Roll a hoop, test your balance on stilts and shoot marbles. Compete in a sack race or the potato spoon race.



GREATHOUSE VISITOR CENTER ♿ SP
Black Diamond Interpretive Staff
10am-4:30pm, Sats & Suns, March-Nov.
View the workings of a 20th-century sand mine and learn about the lives of 19th-century coal miners in the Greathouse Visitor Center. Artifacts and photographs are displayed and a video featuring former Mt. Diablo Coalfield residents is shown.

= Register at www.ebparks.org ♿ = Disabled accessible program SP = Parking fee may be charged ✸ = Financial assistance is available KCC = Kids Challenge program

Kevin Fox

SOMERSVILLE GRAND TOUR SP
Black Diamond Bob Kanagaki
9am-1pm, Sat, Aug 26 #12509
We'll be your chauffeurs for a tour to some of our best historic sites-Rose Hill Cemetery, Greathouse Visitor Center, and the Hazel-Atlas Mine. 55+yrs
Reg. Required: (510) 636-1684
Fee: $3

SUMMER : GOLDEN BOUGH ♿ SP
Black Diamond Interpretive Staff
7-9pm, Sat, Jul 15
After a one year hiatus, this talented trio is back with Celtic fire. Beautiful vocal harmonies and various acoustic instruments bring the traditional music of Ireland and Scotland to life.
Parking fee: $10

TUESDAY TWILIGHT
Black Diamond Interpretive Staff
6:45-8:15pm, Tue, Jul 25
See description on page 13.

KNOBBERS ♿
Black Diamond Sabrina Dussau
3:30-5:30pm, Thu, Jul 27, Aug 17
Knobbers were 19th-century children who worked with coal miners. Today, Knobbers is an opportunity for modern-day kids to play and learn in the great outdoors. Adventures vary monthly, taking us over hills, underground, and back in time. 8-12yrs
Reg. Required: (510) 636-1684
Fee: $6 (non-res. $8)

WEBELOS UNDERGROUND GEOLOGY SP
Black Diamond Bob Kanagaki
9-11am, Sat, Aug 5 #12503
1-3pm, #12504
Scouts! Fulfill badge requirements as we look at rocks and how they help us in our everyday lives. We'll hike above and below ground in the Hazel-Atlas Mine. Parent participation required. 7+yrs
Reg. Required: (510) 636-1684
Fee: $3

SOMERSVILLE SURVEY SP
Black Diamond Bob Kanagaki
10am-1pm, Sat, Aug 12 #12505
Hike Stewartville and Pittsburg Mine Trails, visit a secluded valley that once sheltered a thriving community, then cool off underground at the Hazel-Atlas Mine. 7+yrs
Reg. Required: (510) 636-1684
Fee: $3

SNAKE TANS ♿ SP
Black Diamond Bob Kanagaki
3-4pm, Sat, Aug 12
Our resident snakes get out of the office and enjoy some sun, fresh air, and exercise as they visit with us at Hazel-Atlas Portal.

SUMMER CONCERT: MOUNTAIN LAUREL ♿ SP
Black Diamond Interpretive Staff
7-9pm, Sat, Aug 19
Straight from the Mother Lode, these five musicians play traditional and modern bluegrass about the trials and troubles of mining. Celebrate local mining history while tapping your toes.
Parking fee: $10

COYOTE HILLS

The Coyote Hills Visitor Center, open Tue.-Sun. 9:30 a.m.-5 p.m., has books, bug boxes, and other items for sale. The Garin Barn Visitor Center is open Sat.-Sun 10 a.m.-4:30 p.m. For information call (510) 795-9385 or email chvisit@ebparks.org.

BIKING BASICS SP
Coyote Hills Parkison, Barrington
9am-1pm, Sat, Jul 1 #12365
This clinic teaches you how to get the most out of your bike! We'll discuss tire changing, adjustments, and shifting techniques–just in time to enjoy a flat 18-mile exploration of the Alameda Creek Trail and the rich wildlife found along the way. 12+yrs
Reg. Required: (510) 636-1684

REPTILE RAMBLE ♿ SP
Coyote Hills Kristina Parkison
2-3pm, Sat, Jul 1
Do lizards have three eyes? How does the Western fence lizard fight Lyme Disease? Discover the answers to these questions and more as we explore the interesting world of reptiles! 5+yrs

VILLAGE SITE MONDAYS
Coyote Hills Beverly Ortiz
2-4:30pm, Mon, Jul 3 #12368, 10 #12369, 17 #12370, 24 #12371, 31 #12372, Aug 7 #12373, 14 #12374, 21 #12375
Help us honor 2,000 years of human history by repairing and building ramadas and family houses at an early-day Tuibun-Ohlone village site. We'll also clean and weed the site. You'll be introduced to how the Ohlone and their ancestors lived so well for so long in this area. 12+yrs
Reg. Required: (510) 636-1684

NATIONAL NATURAL HISTORY ♿ SP
Coyote Hills Kristina Parkison
10am-noon, Tue, Jul 4
In honor of our country's birthday, we'll celebrate with a nature walk peppered with trivia questions regarding our national natural history. What's California's state rock? Don't know? Come find out!

Coyote Hills' trails take visitors through marshes and around the hills to the bayside.

COME TO YOUR SENSES ♿ SP
Coyote Hills Kristina Parkison
1-2:30pm, Tue, Jul 4
Explore your world in a whole new way - using your five senses! We'll "see" our park through taste, smell, feel, and sound, all of which enrich your experience with nature!

COYOTE CUBS
Coyote Hills Kristina Parkison
10-11:30am, Tues, Jul 11 #12385
2-3:30pm, Tues, Jul 11 #12386
10-11:30am, Tues, Aug 8 #12387
2-3:30pm Tues, Aug 8 #12388
Bring your little ones out for fun in the park! Choose a Coyote Cubs afternoon or morning session. Both programs are the same subject. Explore the mysteries of our natural world in a hands-on way as we focus on different and exciting natural history subjects each month through stories, games, crafts and discovery. **July**: Gooey Geology; **August**: Yucky Biology. (3-5yrs)
Reg. Required: (510) 636-1684
Fee: $6 (non-res. $8)

BEAUTIFY THE ESTUARY ♿
Coyote Hills Parkison, Justus, Gouvis
Noon-3pm, Sat, Jul 15
Learn about the unique wildlife and delicate balance found in fresh and salt water ecosystems while we clean up the shoreline. Share responsibility for caring for this fragile habitat. 12+yrs

VILLAGE SITE WORKDAY ♿
Coyote Hills Ortiz, Zavala
10am-noon, Sun, Jul 9 #12380, Aug 6 #12381, 20 #12382
Join with Ohlone descendants and park naturalists in the reconstruction of Ohlone-style structures at a more than 2,000 year-old village site of the Tuibun Ohlone. You'll work on a ramada, sweathouse, or family house, and clean and weed the site, and learn how the Ohlone were successful in living in this area for so long. We'll provide snacks and tools. 12+yrs
Reg. Required: (510) 636-1684

VILLAGE SITE OPEN HOUSE ♿ SP
Coyote Hills Ortiz, Carrier, Bonillas
1:30-4pm, Sun, Jul 9, Aug 20
Walk to a more than 2,000-year-old Tuibun Ohlone village site and learn how its residents balanced human needs with that of the land. **July 9**: Abalone pendant and shell bead making; **Aug. 20**: Ohlone history, culture and plant uses.

Middle Harbor Shoreline Park in Oakland welcomes walkers and picnickers, and offers interpretive insights into the site's history, and important supply center for the Navy's Pacific Fleet from World War II until 1998.

ON A CLEAR DAY YOU CAN SEE FOREVER SP
Coyote Hills Chris Sulots
9:30-11am, Sun, Jul 16 #12390
Travel back in time as we hike to the top of Red Hill to get a 360 degree view. We'll try to imagine what the Bay Area and local habitats may have looked like millions of years ago. 10+yrs
Reg. Required: (510) 636-1684

ACORN SOUP MAKING ♿ ✷ SP
Coyote Hills Ortiz, Orta
10am-4pm, Sun, Jul 23 #12391
You'll learn to make one of the Bay Area's most enduring foods the old way using cracking stones, mortar, pestles, winnowing and sifting baskets, and stone boiling in a cooking basket. We'll also share some modern processing techniques you can use at home. 16+yrs
Reg. Required: (510) 636-1684

Fee: $30 16+years/$25 senior 62+years
(non-res. $34/$29)

ADOPT A BUTTERFLY ♿ KIDS SP
Coyote Hills Megan Justus
10:30am-noon, Sun, Jul 30 #12598
Learn about the life cycle of a butterfly and receive a young milkweed plant. Keep a journal of the plant's growth, and after three weeks return to receive your caterpillar. 8+yrs
Reg. Required: (510) 636-1684
Fee: $2

TINY TRACKERS ♿ KIDS SP
Coyote Hills Kristina Parkison
1-2:30pm, Sat, Aug 5 #12392
Whose footprints weave through the mud? Bring your little ones for a beginning class on animal tracking. We'll learn the basics of identifying the footprints you might find as you explore the parks around where you live. 5+yrs
Reg. Required: (510) 636-1684
Fee: $2

FUN WITH FIBER ♿ KIDS SP
Coyote Hills Megan Justus
10:30am-noon, Sun, Aug 13 #12379
The ability to produce cordage, in the form of string and rope, was an essential skill for Native people. Practice the ancient art of string making today using a variety of plants found in the marshes. 10+yrs
Reg. Required: (510) 636-1684

LOVELY LAVENDER ♿ SP
Coyote Hills Parkison, Martinek
10am-noon, Sat, Aug 19 #12393
Lavender has so many uses! Join us to discover a few of the many ways lavender can sooth your nerves or even be eaten! You'll end the workshop by making your own bar of soap to take home. 8+yrs
Reg. Required: (510) 636-1684
Fee: $10 (non-res. $12)

BIRDING BY BIKE SP
Coyote Hills Kristina Parkison
1:30-3pm, Sat, Aug 19
Explore the many habitats this parkland offers! From marsh to bayshore, there's a dazzling array of bird life. We can see it all by bike, stopping to bird of course! 10+yrs
Reg. Required: (510) 795-9385

TREE STORIES ♿ SP
Coyote Hills Ryan Thoni
10-11am, Sat, Aug 26
Take a walk around the visitor center to learn about local trees. We'll discover what each tree is and what its role is in the environment, economy and our lives.

CRAB COVE

Crab Cove Visitor Center is open Wednesdays-Sundays from 10 a.m.-4:30 p.m. School programs are available. For information about naturalist programs or other activities, call (510) 521-6887 or email ccove@ebparks.org.

PARADE PREPARATION ♿ SP
Crab Cove
Gail Broesder, Interpretive Staff
2:30-4pm, Sat, Jul 1
11am -2pm, Sun, Jul 2
Don't sit on the sidelines, join the fun. Help decorate our parade float: stuff the giant crab and more. Then join us for Alameda's annual parade on July 4th!

ALAMEDA 4TH OF JULY PARADE SP
Lincoln Ave., Alameda
Gail Broesder, Interpretive Staff
9am-1pm, Tue, Jul 4
Join us for some Alameda "hometown" fun, as we celebrate Independence Day. You can be a part of the annual Crab Cove entry in the 4th of July Parade. If you'd like to help with parade preparations we'll be working on our entry on July 1st & 2nd at the visitor center.

CATCH OF THE DAY ♿ SP
Crab Cove Interpretive Staff
2-3pm, Sundays, Jul & Aug
What critters make their homes in the rocky shores of the Bay? Watch a snake slither and a turtle hide in its shell. Come explore the world of nature!

OLD-FASHIONED ICE CREAM SP
Crab Cove Susan Ramos
3-4:30pm, Sat, Jul 8
Discover the amazing ingredients hidden in ice cream and lend your hand, cranking out an old-fashioned treat.

SEA SQUIRTS
Crab Cove Interpretive Staff
10-11:30am, Tue, Jul 11 #12333, 25 #12334 & Aug 8 #12335, 22 #12336
Discover the wonders of nature with your little one through a program exclusively for 3-5 year olds accompanied by an adult. Outdoor exploration, a theme related craft and snack will be provided. See our "Sea Siblings" if you prefer to have 1-5 year olds join their 3-5 year old

HERITAGE DAY MUSIC FESTIVAL
Coyote Hills Interpretive Staff
Noon-4pm, Sat, Jul 29, Aug. 26
We'll again celebrate the rich cultural heritage of our community with two days of entertainment, educational activities and food. Expected to appear: **July 29**: The Soca Sisters, Ramana Vieira (Portuguese), Niosha Dance Academy (Persian music/dance): **Aug. 26**: Mossy Creek (Bluegrass), Kaweh (Brazilian music), Layce Baker and Black Diamond Band (Blues, Rock and Roll), Grupo Arauco (Andean and Peruvian).

CONCERT AT THE COVE ♿ SP
Crab Cove
Interpretive Staff
5:30-7:30pm, Fri, Jul 14, Aug 11
Join us for our eighth season of incredible free music and fun! **July 14**: Amigos (Latin Jazz). **Aug. 11**: The Alameda All Stars (Rock–many band members formerly played with Gregg Allman). For information call: (510) 521-6887. Extended hours at the visitor center plus family activities on the deck and beautiful views of San Francisco Bay make our concerts extra special. Bring your blanket or lawn chair; food and beverages available for purchase. Sponsored by the West Alameda Business Association and East Bay Regional Park District.

Mule's ears. Kevin Fox

siblings. **July 11**: Spectacular Spiders. **July 25**: Bird Bills and Bodies. **Aug. 8**: Incredible Insects. **Aug. 22**: Sensational Seaweed.
Reg. Required: (510) 636-1684
Fee: $6 (non-res. $8)

ESTUARY EXPLORERS
Crab Cove Interpretive Staff
3:30-5pm, Thurs, Jul 13 #12337, 27 #12338, Aug 10 #12339, 24 #12340
Estuary Explorers is designed especially for 6-8 year olds. This program includes outdoor exploration, theme related craft, and a snack. Parents/guardians are encouraged to drop off their child for an independent nature experience with naturalist guidance. **July 13**: Spectacular Spiders. **July 27**: Bird Bills and Bodies. **Aug. 10**: Incredible Insects. **Aug. 24**: Sensational Seaweed.
Reg. Required: (510) 636-1684
Fee: $6 (non-res. $8)

SEA SIBLINGS
Crab Cove Interpretive Staff
9:30-10:30am, Tue, Jul 18 #12326, Aug 1 #12328, 15 #12330
11-noon, Tue, Jul 18 #12327, Aug. 1 #12329, 15 #12331
Sea Siblings is designed for the 3-5 year old learning ability with the option of inviting along a 1-5 year old sibling or friend. This class includes outdoor exploration and a nature craft. All children pay the course fee. **July 18**: Bird Bills and Bodies. **Aug. 1**: Incredible Insects. **Aug. 15**: Sensational Seaweed.
Reg. Required: (510) 636-1684
Fee: $4

SUNDAY SEA SQUIRTS
Crab Cove Interpretive Staff
3:30-5pm, Sun, Aug 6 #12341, 20 #12342
Discover the wonders of nature with your little one through a program exclusively for 3-5 year olds accompanied by an adult. Outdoor exploration, a theme-related craft and snack will be provided. **Aug. 6**: Bats Aren't Bonkers. **Aug. 20**: Reptile Rendezvous.
Reg. Required: (510) 636-1684
Fee: $6 (non-res. $8)

DOG DAYS OF SUMMER
Crab Cove Gail Broesder
3-4:30pm, Sat, Aug 12
Celebrate summer with your pooch. We'll enjoy the view and history while our best friends get a good walk. Optional stop at the dog park for a fun romp afterwards.

LOW TIDE EXPLORATION SP
Crab Cove Interpretive Staff
9:30-11am, Sun, Aug 13
Students, re-live your 2006 Crab Cove field trip with your family/friends. Newcomers welcome too! We'll "dive" into the Bay, then, explore the mudflat and rocky shore.

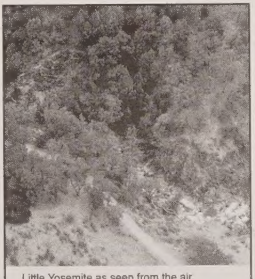
SUNOL

Sunol Visitor Center is open Sat.-Sun., 10 a.m.-4:30 p.m. For info, call (925) 862-2601 or email svisit@ebparks.org.

VALLEY NATURE RIDE SP
Sunol Interpretive Staff
10-10:45am, Sun, Jul 9 #12524, 23 #12525, Aug 6 #12526, 20 #12527
Hear the cultural and natural history of Sunol, then enjoy a 20-minute guided horseback ride. Parent participation required. 6+yrs
Reg: Required: (510) 636-1684
Fee: $17 (non-res. $19)

EXPRESSIVE JOURNAL MAKING SP
Sunol Leah Tangney
11am-12:30pm, Sat, Jul 22 #12528
Join us under the shade along Alameda Creek as we make personalized journals using recycled books, magazines and photographs that you have brought from home. We will share stories and poetry afterwards. 7+yrs
Reg. Required: (925) 862-2601

ECO-EXPLORERS: PERSEIDS BACKPACK SP
Sunol Cat Taylor
5:30pm, Fri, Aug 11-11am, Sat, Aug 12 #12544
Tonight we'll carry our gear to High Valley and camp under the stars while watching the Perseid Meteors. We'll hear multicultural tales of the night sky which have been told for generations. Grades 3-7.
Reg. Required: (510) 636-1684
Fee: $12adult/$25 child
(non-res. $14/$29)


Little Yosemite as seen from the air.

TRAILS CHALLENGE: LITTLE YOSEMITE SP
Sunol Cat Taylor
8-11am, Sat, Aug 19
Grand vistas await us along the Canyon View Trail before we make our descent into Little Yosemite. We'll pause to admire its waterfalls and pools on this 3-mile adventure.

TILDEN NATURE AREA

The Environmental Education Center is open Tue.-Sun. 10 a.m.-5 p.m. The Little Farm is open daily. For info call (510) 525-2233 or email tnarea@ebparks.org.

FARM STORIES AND SONGS ♿
Tilden Nature Area Tara Reinertson
1-2pm, Sat, Jul 1
11am-noon, Sat, Aug 5
All earth's creatures have a place in the choir! Come clap your hands, your paws or anything you got! Hear some fun songs and stories, then meet the animals.

KIDS GARDEN CLUB
Tilden Nature Area Interpretive Staff
2-4pm, Sat, Jul 1 #12590, Jul 15 #12594, Aug 5 #12595, Aug 19 #12596
An exciting club for children ages 7-12, exploring the world of gardening. We plant, harvest, build, make crafts, cook and get dirty! Themes and activities vary.
Reg. Required: (510) 636-1684
Fee: $6 (non-res. $8)

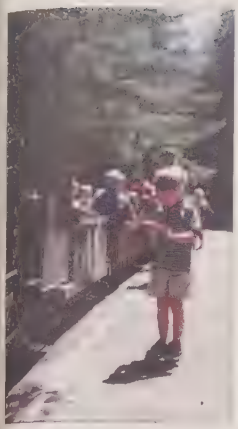
CAMPFIRE & SING-A-LONG ♿
Tilden Nature Area Tara Reinertson
5:30-8:30pm, Sat, Jul 1
Bring your hot dogs, buns, marshmallows, long sticks. Sing songs, tell stories, and cook over the open fire. Meet at EEC; we'll walk uphill to the campfire circle. Dress warmly.

WILDERNESS TREKKERS SP

Sunol Cat Taylor & Katie Colbert
Children in grades K-6 will explore the world of birds, bugs, bouncing butterflies, slithering snakes and other wilderness beasts during a series of adventures. Parental participation is usually optional, may be required for some programs. **July 13** #12538, 4:30-6 p.m.: Sssnakes in the Grasss–Kings have rings and garters have stripes. Gophers are spotty and rattlers are, well, rattley. Meet them all and see for yourself! **July 20** #12539, 4:30-6pm: Papermaking–It's the new wilderness water sport! We'll learn about yellowjackets and the other original papermakers then make beautiful pieces of our own. **Aug. 1** #12540, 10-11:30am: Summer Splashdown–Today we'll explore the water and watershed of Alameda Creek. Be prepared to get exceptionally soggy as we become raindrops in the creek and follow the streambed NO MATTER WHERE IT TAKES US. **Aug. 15** #12541, 8:30-11:30am: Little Yosemite–We'll continue with our exploration of the Alameda Creek watershed on an overland journey to Little Yosemite. 3 miles. **Aug. 23** #12542, 4:30-6pm: Swimming Snacks–They may not seem like tasty treats to you, but caddisflies, mayflies and other water insects are the meat and potatoes of the underwater menu. Let's sample a few (with nets, that is!). **Aug. 30** #12543, 10am-noon: Del Valle by Boat–We'll continue with our exploration of the Alameda Creek watershed on a boat journey on Lake Del Valle. We'll voyage to the dam and back looking for wildlife in, on, and around the lake.
Reg. Required: (510) 636-1684
Fee: $6 (non-res. $8) + boat fee

OUTDOOR DISCOVERIES SP

Sunol Cat Taylor & Katie Colbert
10-11:30 am, Thu, Jul 6 #12529, Jul 13 #12530, Jul 20 #12531, Jul 27 #12532, Aug 3 #12533, Aug 10 #12534, Aug 17-18 #12535, Aug 24 #12536, Aug 31 #12537
Children and an adult friend are invited to make wild adventurous discoveries in the wilderness together. Different natural or cultural history adventures presented each week. **July 6**: Summer in Alameda Creek–What can we spy there/That wiggles and jiggles/And tickles inside there? We'll grab dip nets and find out! **July 13**: A Slitherin' of Snakes–Not slimy nor whiney, not scary nor hairy! Just crawly and jolly and tongue-sticky-outie. Meet a bunch and find out! **July 20**: Papermaking–Wasps do it; we can too! Wear clothes and shoes that can get wet. **July 27**: Eat Your Veggies–It's not easy being a green-eater! Find out how deer, cows, squirrels, and plant sap suckers cope with their leafy greens. **Aug. 3**: Carniv-R-Us–Who else eats meat besides us? We'll check out lion teeth and bear claws and teeny tiny bug beaks. **Aug. 10**: Del Valle By Boat (10 a.m.-noon)–How is a lake like a bathtub? Where does the water come from? Where does it go? We'll take a leisurely cruise down to the dam and back. **Aug. 17, 5:30 p.m. -Aug. 18 , 10 a.m.**: Batty Campout–We'll turn our eyes to the skies and search out acro-bats of the nighttime world. (3-5 yrs) Fee: $20/child including siblings, $10/adult (non-res. $22/$12). **Aug. 24**: Bees, Wasps & Oak Galls, Oh My!–We'll learn about their family secrets, their stinger manners and their food cravings and how to beee careful when they are in the air. **Aug. 31**: Creek Slog–Become a little drop of rain in the creek today as we trace the path of water in the creekbed–we won't leave the creek despite any obstacle. 3-5yrs
Reg. Required: (510) 636-1684
Fee: $6 (non-res. $8) + boat fee



Tilden's Steam Train offers rides along a scenic ridge on a scaled-down steam train in Tilden Regional Park. For information call (510) 548-6100

FELTING A FUN HAND PUPPET ♿
Tilden Nature Area Tara Reinertson
1-3:30pm, Sun, Jul 2 #12600
Meet our flock of Black Welsh Mountain Sheep, then learn how to turn their wool into a fun felt project. On this day we will make an animal hand puppet. 8+yrs
Reg. Required: (510) 636-1684
Fee: $10 adult 13-61 years
$8 senior 62+/$7 child 8-12
(non-res. $12/$10/$9)

ARTIST EXHIBITION–ERIC NURSE ♿
Tilden Nature Area
10am-5pm, Jul 4-Aug 27, closed Mondays
In an exhibition titled 'Form and Light,' photographer Eric Nurse displays his unique animal portrait and landscape perspectives. Many of the exhibited photographs capture images of EBRPD parklands. Eric is a Bay Area native who 'grew up' in and around Tilden Park. Generally his work centers on natural subjects, but the scope of his portfolio also includes traditional portraiture and abstract digital art. For information about the artist or his work please visit www.enphoto.net.

SUMMER SCIENCE WEEKS ♿
Tilden Nature Area
Reinertson, Facendini
10am-4pm, Aug 14-18; Aug 21-25
Week-long sessions covering biology and other natural science topics of interest to junior "scientists." For ages 9-12.
Reg. Required. (510) 636-1684
Fee: $160 (non-res. $170)

4TH OF JULY OPEN HOUSE ♿
Tilden Nature Area Interpretive Staff
11am-4pm, Tue, Jul 4
Join us for critters, crafts and creative fun! Visit our reptiles and bunnies (not at the same time!), play games, make nature crafts and enjoy a tasty snack.

MINI-FARMERS
Tilden Nature Area Interpretive Staff
10-11:30am, Sat, Jul 8 #12602;
Aug 12 #12603
A farm exploration program for kids ages 4-6 years. We'll explore the Little Farm, care for animals, do crafts and try some farm chores.
Reg. Required: (510) 636-1684
Fee: $6 (non-res. $8)

SUSHI BASICS ♿ ✸
Tilden Nature Area Linda Yemoto
11:30am- 2:30pm, Sat, Jul 8 #12604
Learn the natural and cultural history of this ancient and healthy cuisine as you prepare and taste several different types of sushi! Learn how to roll, stuff, and form sushi–all in a fun, delicious atmosphere. 8+yrs Parent participation required for children 8-10 years.
Reg. Required: (510) 636-1684
Fee: $35 adult (13-61 years)/$30 senior 62+ years/$25 child (8-12 years)
(non-res. $39/$34/$29)

TODDLER NATURE WALK
Tilden Nature Area Linda Yemoto
10:30-11:30am, Sun, Jul 9, Aug 13
Calling all non-napping toddlers and their grown-up friends. Come along on a little nature adventure for 2-3 year olds. If it's sunny, we'll capture and release butterflies and other insects

MEET THE ARTIST RECEPTION ♿
Tilden Nature Area Interpretive Staff
2-4pm, Sun, Jul 9
Meet photographer Eric Nurse, whose 'Form and Light' exhibit is currently on display in the Environmental Education Center. He will discuss his work and share his views on digital and film photography. Light refreshments will be served.

TILDEN TOTS
Tilden Nature Area Linda Yemoto
10-11:30am, Thurs, Jul 13 #12653, Fri, Jul 14 #12654; Tues, Aug 22 #12656, Wed, Aug 23 #12657
Join an outdoor, nature adventure program for 3 & 4 year olds, each accompanied by an adult (grandparents welcome!). In July, we'll capture and release butterflies (depending on the weather!). In August, we'll meet at the Regional Parks Botanic Garden to look for reptile friends.
Reg. Required: (510) 636-1684
Fee: $6 (non-res. $8)

TILDEN EXPLORERS
Tilden Nature Area Linda Yemoto
3:15-4:45pm, Fri, Jul 14 #12660; Tues, Aug 29 #12661
Join an after-school nature adventure for 5-7 year olds, who may be accompanied by an adult. No younger siblings please. In July, we'll capture and release butterflies and moths. In August, we'll meet at the Regional Parks Botanic Garden and search for reptiles
Reg. Required: (510) 636-1684
Fee: $6 (non-res. $8)

LITTLE FARM WEEK ✸
Tilden Nature Area Interpretive Staff
10am-4pm, Mon-Fri, Jul 17-21 #11929, Jul 24-28 #11930
Experience the old time country farm lifestyle during a week of farm camp fun! We'll learn about farm animals, dig, shovel, harvest, cook, get dirty and have fun! Both programs are the same subject.
Reg. Required: (510) 636-1684
Fee: $150 (non-res. $166)

BUTTERFLY BONANZA WORK PARTY
Tilden Nature Area Rebekah Brainich
10am-noon, Sat, Jul 22
Our butterfly garden is blooming and beautiful, but it still needs your help! We'll be putting in a new pathway and doing some smaller projects. Dress for sun and dirt.

WONDERS OF WATERSHEDS
Tilden Nature Area Bethany Facendini
3-4:30pm, Sat, Jul 22
Get wet and wild as you explore waterways in your community through a walk, activities, and a craft! Find out how you can make a difference in protecting our watersheds

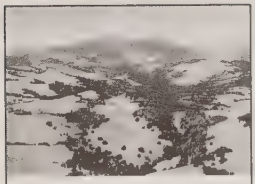
TILDEN'S TREASURES
Tilden Nature Area Interpretive Staff
2-3:30pm, Sat, Jul 29
Be surprised as you discover some of the park's residents on this easy nature walk for the entire family. Don't miss this fun-filled adventure! For information, call (510) 525-2233.

TWO LAKES IN A DAY
Tilden Nature Area Interpretive Staff
9am-noon, Sun, Jul 30
Come explore the natural wonders of two of Tilden's lakes on this 4-mile walk Bring water and a snack to share

TO BEE OR NOT TO BEE ♿
2-3pm, Sat, Aug 5 Tara Reinertson
Watch a dramatic puppet show about the complex society of the honey bee. Afterwards, children can act out one of the many jobs of a worker bee in a hive.

FRESH TRACKS
Various parks, dates, and times
Each hike is followed by lunch provided by Wente Restaurant and relaxing, smooth jazz tunes by KKSF 103.7 FM **July 15**, 10am-2 p.m., #12250: Tilden, Dave Zuckermann–Delve back in time as we explore the natural and cultural history of this original East Bay Regional Park. We'll walk the watershed from creek to ridge on a sometimes-steep, 2.5 mile loop hike. You'll be rewarded with magnificent views of San Francisco Bay, Wildcat Canyon, Mt. Diablo, and beyond. 8+yrs. **August 19,** 9am-1 p.m., #12252: Redwood, with Gail Broesder–Enjoy the wonders of our own East Bay hills We'll walk to Oakland's highest peak and visit the history of our area before sitting down to lunch and music under the redwoods
Reg. Required: (510) 636-1684
Fee: $28 18-61yrs/$24 62+/$20 8-17 (non-res. $32/$28/$24)

Anthony Chabot Regional Park's paved trails make the park's beauty accessible to all visitors



WOMEN ON COMMON GROUND
Various parks Colbert, Yemoto
7:30-10:30pm, Wed, Jul 26, 10am-11:30 am, Thu, Aug 17
This is a series of naturalist-led programs for women who love to hike, camp and play in parklands, but whose concern for personal safety keeps them from enjoying their parks. For a complete season's schedule, e-mail svisit@ebparks.org, call (925) 862-2601. **July 26**, Morgan Territory: Night Sky Over Morgan–On this relatively flat hike we'll stop to pick out summer constellations and to spy the wee sliver of the waxing Women's Moon. **Aug. 17**, Lake Temescal: Morning Flat Hike & Coffee Break–It's rare! It's not breathtaking! It's flat! Break in a summer day with a quick jaunt around this once fire-swept, earthquake-shaken urban lake.
Reg. Required: (925) 862-2601

NATURAL HISTORY FIELD SKETCHING
Tilden Nature Area Tara Reinertson
9-11am, Sun, Aug 6
Pack up your pencils and head for the hills! We will let nature teach us her secrets as we slow down to a turtle's pace and quietly draw nature's beauty.

MAKE A FELT DOLL ♿
Tilden Nature Area Tara Reinertson
1-3:30pm, Sun, Aug 6 #12614
Meet our flock of Black Welsh Mountain Sheep, then learn how to turn their wool into a fun felt project. On this day we will make a simple and beautiful felt doll. 8+yrs., children must be accompanied by an adult.
Reg. Required: (510) 636-1684
Fee: $10 adult 13-61 years
$8 senior 62+
$7 child 8-12 years
(non-res. $12/$10/$9)

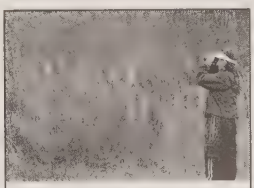
SUSHI FOR THE MORE ADVENTUROUS ♿ ✱
Tilden Nature Area Linda Yemoto
11:30am-2:30pm, Sat, Aug 12 #12615
Another hands-on opportunity to make and taste many different kinds of sushi! Learn about the history and natural history of this ancient cuisine as you make and taste several of the more exotic varieties of sushi. Parent participation required for 8-10 year olds 8+yrs
Reg. Required: (510) 636-1684
Fee: $40 adult 13-61 years
$35 senior 62+
$25 child 8-12 years
(non-res. $44/$39/$29)

SUMMER POND PLUNGE
Tilden Nature Area Linda Yemoto
2-3:30pm, Sun, Aug 13
After an overview of pond life, we'll wander down to the meadow ponds with dip-nets and magnifiers in hand. We'll search for nymphs and naiads, salamander larvae and sideswimmers. 4+yrs

SATURDAY STORIES
Tilden Nature Area Interpretive Staff
10-11am, Sat, Aug 19
Come listen to nature inspired stories in an outdoor setting. You might even feel encouraged to tell a tale of your own!

BUTTERFLIES, BIRDS, AND BEES
Tilden Nature Area Interpretive Staff
2-3:30pm, Sat, Aug 19
Search high and low for winged pollinators on an easy, 3-mile walk for the entire family. Learn how you can help create a thriving habitat for these special creatures.

STREAMSIDE SAUNTER
Tilden Nature Area Interpretive Staff
10am-noon, Sun, Aug 20
Ramble along shady Wildcat and Laurel Creeks to discover the diverse plant and animal communities along these riparian corridors on an easy 3-mile walk



TUESDAYS FOR THE BIRDS
Various parks
Bethany Facendini
7-9:30am, Tues, Jul 11, 25; Aug, 1, 8, 15, 22, 29
Share your enthusiasm for bird life on a tranquil walk through various Bay Area parklands! All levels of birding experience welcome. Please call (510) 525-2233 to get specific meeting locations or to borrow binoculars. Bring water, sunscreen, binoculars or scopes, and a snack. **July 11**: Tilden Nature Area. **July 25**: Martin Luther King Jr. Shoreline, Arrowhead Marsh. **Aug. 1**: Claremont Canyon. **Aug. 8**: Point Isabel, Rydin Road. **Aug. 15**: Kennedy Grove. **Aug. 22**: Tilden, Lake Anza. **Aug. 29**: Miller Knox.

NAME THAT SNAKE ♿
Tilden Nature Area Interpretive Staff
11am-noon, Sun, Aug 27
Have you ever wondered what type of snakes live in your backyard or local parks? If so, come learn to identify and see some examples of our local snakes

CATTAIL CAPERS
Tilden Nature Area Interpretive Staff
2-3:30pm, Sun, Aug 27
With dip-nets and magnifiers in hand, we'll explore the Nature Area's ponds and discover who lurks in the deep. We'll find dragonfly nymphs, back-swimmers, and more. Dress to get wet

VARIOUS PARKS

LAKE DEL VALLE NATURAL HISTORY BOAT TOURS ✱
Del Valle Interpretive S
1-2:30pm, Sat. & Sun. in July and August
There's no better way to enjoy Del Valle than being out on the lake. Join us on a boat tour to the dam. We will answer your questions about the lake, the wildlife, and the activities available for you at the park. Bring a jacket, sunscreen and binoculars if you have them. Purchase tickets at the west-side concession beginning at 11am. Please call for

WEDNESDAY WALKS

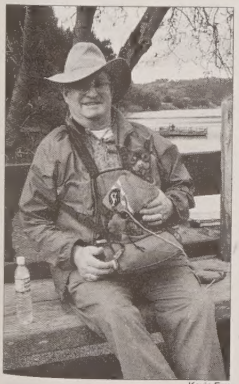
Various parks
Christina Garcia, Sara Fetterly
9:30-11am, Wed, Jul 5, 19, 26, Aug 2, 16, 23, 3
Explore a new East Bay Regional Park every week with our friendly walking group. Discover the natural and human history of our beautiful parklands and improve your health on a fast-paced hike. Hikers of all ages and abilities are welcome. Wear sturdy footwear, bring water and dress for the weather - we walk rain or shine. Hikes begin at 9:30am. For more information, please call (510) 796-0199 or e-mail cgarcia@ebparks.org. **July 5**, Coyote Hills: After a steep hike up to the top of South Red Hill, catch your breath on the beautiful Meadowlark trail along the edge of the South Marsh. Meet at the Visitor Center for this 3.5 mile hike. Parking fee charged. Directions: From I-880 in Fremont, take Highway 84 west to Ardenwood Blvd. Go right on Ardenwood, left on Paseo Padre Parkway, and right at Patterson Ranch Road. **July 19**, Redwood: Meet at Canyon Meadow Staging area for an easy 3-mile hike through shady redwood groves. Directions: From I-580 in Hayward, go east to Highway 13. Go north on 13 to the Redwood Road exit. Get off the freeway and continue straight to the stoplight. Turn right onto Redwood Road, continue up the hill, and look for the park entrance on the left, two miles past the Redwood/Skyline Blvd. intersection. Meet at the Canyon Meadow Staging Area at the end of the road. **July 26**, Lake Chabot: We'll travel along the shadier eastshore of the lake and make a somewhat-strenuous loop through the hills on this 4.5 mile hike. Directions: From I-580 in San Leandro, take Fairmont Drive east into the hills. Fairmont becomes Lake Chabot Road. Continue to the Lake Chabot Marina entrance on the left side of the road. Meet at the marina. **Aug. 2**, Tilden Nature Area: Come take in the scenes of streams, meadows, woodlands, lakes, and grasslands of this beautiful natural area with Naturalist Bethany Facendini. Our moderately-strenuous five-mile hike will cover varied terrain, and last until noon. Bring water, sunscreen, and a snack to share. Meet at the Environmental Education Center. **Aug. 16**, Redwood: Naturalist Sara Fetterly for a beautiful hike through the shady ravines and canyons of Redwood Park. Great canyon views, glorious redwood forests, and picturesque streams are rewards you for your efforts on this moderate (but hilly) 4 mile hike. We will meet at the Skyline Gate Staging Area where we will take West Ridge trail to Madrone trail and return via Stream trail. Directions: Take Hwy 580 to Hwy 13, and exit at Joaquin Miller Road. Turn right onto Joaquin Miller Rd. and follow it to Skyline Blvd. Make a left on Skyline, and follow this road (well past Roberts park) to the Skyline gate staging area. **Aug. 23**, Don Castro: We'll circle the area then explore some of the 300 acres of open space that surrounds the Five Canyons development. Meet at Don Castro Regional Recreation Area for this somewhat strenuous 5.5-mile hike on the Deer Canyon and Shady Canyon Trails. Directions: From I-880 in Hayward, take Jackson St. east, it turns into Foothill Blvd. Turn right on C Street, left on 3rd street, right on B Street, right on Kelly, and left on Woodroe to the park entrance. Meet by the entrance to the Swim Lagoon. **Aug. 30**, Anthony Chabot: Meet at Chabot Park in San Leandro to hike a secluded streamside path bordered with lush vegetation. You'll also get a nice view of Lake Chabot as we make our way around Bass Cove on this moderately strenuous 5.3-mile hike.. From northbound I-580 in San Leandro, take the Estudillo Ave. exit. At the stop sign, turn right on MacArthur, then right at Estudillo. Where the road splits, take the low road to the left to stay on Estudillo and continue to the park.

Under 1 year/free if in parent's arms. All children under 13 (including infants) and all non-swimming adults will be required to wear a provided flotation device. Programs may be canceled if there are five or fewer participants or if Lake is too dry.

ABOUT AN OASIS SP
Contra Loma Sabrina Dussau
9:30-11:30am, Sat, Jul 1 #12510
This reservoir provides an invaluable resource for people, plants, and animals alike. How would we all survive without it? Complete 2.2 easy miles of this year's Trails Challenge as we discover the importance of this oasis.
Reg. Required: (510) 636-1684

DOCENT-GUIDED GARDEN TOURS
Regional Parks Botanic Garden
Docents
2pm, Saturdays & Sundays
Learn about California native plants on free, docent-guided tours at the beautiful, naturalistic, 10-acre Botanic Garden (on Wildcat Canyon Road and South Park Drive) in Tilden Regional Park. For more information see www.nativeplants.org; (510) 841-8732.

ANTHONY CHABOT CAMPFIRE PROGRAMS ♿ SP
Anthony Chabot Amphitheatre
Interpretive Staff
8-9pm, Saturdays in July & Aug
Join our naturalists around the campfire for fun and facts. A different topic each week. Dress warmly, and bring marshmallows for roasting after the program. Non-campers welcome. **July 1**: Nature Stories, Songs and Hand Shadows. **July 8**: Whoo's Awake? Learn about the lives of our lovely local owls! **July 15**: Little Rascals–All about mosquitoes, ticks, raccoons, & other "rascally" organisms. **July 22**: Star Struck–Astronomy, for true beginners! **July 29**: Going Batty! Discover the amazing world of these flying mammals. **Aug. 5**: SSSSSSSnakes–


Kevin Fox
Morning walkers pause for a rest at Lake Chabot Regional Park.

What's slithering around out there? We'll find out tonight. **Aug. 12**: Water Water Everywhere–From the Sierra to our own lake, to the Bay, it's everywhere. **Aug. 19**: Sharks of San Francisco Bay. **Aug. 26**: Howling Moon–Tonight we'll celebrate the moon in story and song.

THE REMOTE KLAMATH MOUNTAINS: FIELD TRIP
Various locations Keator, Dahl
Fri, June 30 through Tue, July 4
In the northwestern corner of California, the remote and rugged Klamath Mountains are a meeting ground for diverse wildflowers, shrubs, and trees from the Sierra, Cascade Mountains, and north Coast Ranges. The area is home to myriad lily, heather, and orchid relatives together with a dazzling array of beautiful conifers. On this five-day excursion, we'll visit the northern redwoods, the bogs in the Siskiyou Mountains, and the superlative Cook and Green Pass area renowned for its ferns, lewisias, penstemons, and numerous other beautiful and garden-worthy plants. Destinations include Castle Lake, Cook and Green Pass, the Siskiyou Mountains near Patrick's Creek, and Fern Canyon in Prairie Creek State Park. Accommodations include two nights in motels and two nights camping at Cook and Green Pass. For more information call Glenn Keator at 510 527-9802 or email gkeator@aol.com.
Fee: $500 (includes a $200 donation to Regional Parks Botanic Garden, instruction, and food for the camping)
Reg. Required: www.nativeplants.org

THURSDAY MORNING PLANT SALE
Regional Parks Botanic Garden
9-11am, Thursdays
If the Botanic Garden is open and it is not pouring rain, the volunteers usually sell plants at the potting shed (the Juniper Lodge) Thursday mornings through the end of the year. For more info see www.nativeplants.org; (510) 841-8732.

DEL VALLE CAMPFIRE PROGRAMS SP
Del Valle Amphitheatre
Fisher, Colbert, Taylor, Herron
8:30-9:30pm, Fridays & Saturdays in July & August
Join the Sunol interpretive staff for entertaining and educational programs at the campground amphitheater. One of our staff will visit campsites before each evening's campfire program to answer questions about the Regional Parks, Del Valle, and park plants and animals. Non-campers are welcome. **July 1**: A Zoo in the Moonlit Sky. **July 7**: Discover Del Valle. **July 14**: Sir Pend and Elvisssss the King. **July 15**: Discover Del Valle. **July 21**: Discover Del Valle. **July 22**: Indians of California. **July 28**: Vegetarians. **July 29**: Discover Del Valle. **Aug. 4**: Carnivore, Herbivore, Omnivore. **Aug. 5**: Indians of California. **Aug. 11**: Discover Del Valle. **Aug. 12**: Stories of the Night Sky. **Aug. 18**: Star Art. **Aug. 19**: Who Did Did That Doo Doo?. **Aug. 25**: Just Batty. **Aug. 26**: Bees and Wasps and Ants, Oh My!

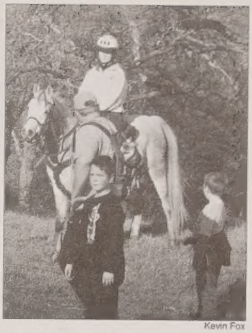
COOL WALKS IN HOT PARKS *
Various parks Mike Moran
9-11am, Sun, July #12511, 16 #12512,
Aug. 6 #12513, 13 #12514
Hike early, hike often! Join the morning's cool and enjoy an array of summer's nature, culture, history, and adventure. **July 9**, Wandering Delta Wetlands, Big Break (disabled accessible): Stroll a flat paved trail through willow thickets and tule marshes. **July 16**, Oaks of the Great Dale: Round Valley, Explore the secrets of this vast oak woodland, with eagles above and summer's gold all around on this moderately hearty hike. **Aug. 6**, Martinez, With Two Olives, Martinez Regional Shoreline (disabled accessible): A restored wetland, cool breezes and fun history await you on this flat and easy jaunt. **Aug. 13**, New to a Thrill, Carquinez Regional Shoreline: Learn some amazing physical and cultural geography via a steep hike and one of the best views in the Bay Area.
Reg. Required: (510) 636-1684
BEGIN HERE

SKYLINE NATIONAL TRAIL
Various parks Gail Broesder
10am-2:30pm, Sun, Jul 9, 16, 30
The Skyline Trail links six Regional Parks during its 31-miles. We'll explore different segments of the trail. Each hike is one way and will cover about seven miles. **July 9**, Sibley to Redwood: A volcano, Huckleberry Preserve, and remnants of 2000 year-old trees. Meet at Sibley entrance. **July 16**, Redwood to Bort Meadow: Through what was once a magnificent redwood forest to oak woodlands and relaxing meadows. Meet at Canyon Meadow staging area. **July 30**, Chabot to Cull Canyon: Grasslands, oak woodland and a compass view of the Bay Area. Meet at East Bay MUD's Chabot staging area off Redwood Road.
Info: (510) 521-6887. 10+yrs

REPTILE RENDEZVOUS ♿ SP
Anthony Chabot Amphitheatre
Interpretive Staff
4-5:30pm, Sat, Jul 15
Crafts, songs, games, stories, and a reptile rove will leave even the 'snake squeamish' impressed! With luck, we will meet a living reptile, perhaps the endangered Alameda whipsnake.

DYNAMITE HISTORY WALK SP
Point Pinole Dave Zuckermann
10am-1pm, Sun, Jul 16
Discover the park preserved by dynamite! We'll explore Pt. Pinole's explosive and peaceful past on this flat, easy-paced walk.
Reg. Required: (510) 525-2233

STRIDING INTO THE SUNSET
Miller Knox Bethany Facendini
7-9pm, Sat, Jul 22
Take in breathtaking views at twilight as you learn about this unique regional park. Be prepared for an invigorating 2.5 mile loop over varied terrain. Bring a snack to share.


Kevin Fox
Equestrians young and old are drawn to the trails in Pleasanton Ridge Regional Park.

LATE, LATE NIGHT HIKE SP
Anthony Chabot Amphitheatre
Susan Ramos
9:30-11pm, Sat, Jul 22
Bring a flashlight for this late night excursion. After the campfire program we'll hike up a hill to see the stars and any critters that may be out and about.

PLANT COMMUNITIES OF THE SIERRA NEVADA
Carson Pass Area Glenn Keator
Sat-Sun, July 22-23
A weekend trip to the Carson Pass area of the central Sierra. The pure air and soaring peaks of the high Sierra are home to subalpine forests with picturesque conifers such as mountain hemlock, Sierra juniper, and white bark pine; meadows filled with colorful wildflowers; and rock gardens among granite boulders and scree. The Carson Pass area is renowned for its diversity of plant life and wildflowers. We will visit Winnemucca Lake, a moderate four-mile round-trip hike on Saturday, and sample a bog/pond/meadow ecosystem with insectivorous plants near Luther Pass on Sunday. Overnight accommodations recommended for Friday and Saturday nights include Woodfords Inn for motelers and camping at a variety of local Forest Service campgrounds.
Reg. Required: www.nativeplants.org
Fee: $100 members; $115 nonmembers

RIDGELINE RAMBLE
Sobrante Ridge Bethany Facendini
9am-noon, Sun, Jul 23
Are you ready for an adventure witnessing incredible views, wildlife, and endangered plant communities? Join us for a 3.5 mile, up-and-down hike through oak/bay woodland, chaparral, and grassland habitats.

EARLY MORNING AT MORGAN
Morgan Territory Sabrina Dussau
8-10am, Sat, Jul 29 #12516
Beat the heat on a two-mile hike to discover how our native plants tolerate the summer sun.
Reg. Required: (510) 636-1684

Kevin Fox

The 97,000-plus acres of regional parklands provide ample opportunity for equestrians to ride. For information on equestrian facilities, camps, horse rentals, and even guided horseback rides, see www.ebparks.org.

SUMMER STROLL ALONG THE MIDDLE HARBOR ♿
Middle Harbor Susan Ramos
3-4:30pm, Sat, Jul 29 #12361
Experience views of the Bay that have not been available to the public for the past 100 years! This area is rich in history and has a fascinating present- the adjacent seaport is one of the largest in the world!
Reg. Required: (510) 636-1684

CANINE CAPERS AT GLORIOUS GARIN SP
Garin Kristina Parkison
8-10am, Sat, Aug 5 #12395
Bring your best friend for a frolicking romp before the heat of the day! We'll explore cool canyons and lovely vistas while discovering the natural history of the Hayward Hills.
Reg. Required: (510) 636-1684

FLAG POLE AT MIDDLE HARBOR ♿
Middle Harbor Gail Broesder
3-5pm, Sat, Aug 5
Come and explore one of our newer parks right on the shoreline. From birds to boats, there is something for everyone.

TULE BOATS ON THE LAKE ♿ SP
Quarry Lakes Ortiz & Zavala
1:30-4pm, Sun, Aug 6 #12396
Join us to celebrate the earliest form of transportation on Bay Area waterways - tule boats. We'll bring the tules, so you can make your own boat, then try it out on the lake. 8+yrs
Reg. Required: (510) 636-1684
Fee: $2

PEARFECTLY GOOD DEED
Briones Sabrina Dussau
6:30-8pm, Fri, Aug 11 #12518
Journey to an aged orchard to hear tales of the park's fruitful past. Pick pears to donate to a local shelter and save a few to take home (to ensure a fruitful future).
Reg. Required: (510) 636-1684

FLORA ALONG THE OAT HILL MINE TRAIL
Regional Parks Botanic Garden
9am-noon, Sat, Aug 12
The product of private enterprise in the 19th century, the Oat Hill Mine Trail cuts an irregular path through diverse and complex landscapes, soil types, and terrain. The flora around it reflects the diversity of the landscape. Rare and endangered plant species, some newly discovered, share the soil with more common plants and the invasive exotics that are inescapable, as well as the not-so-invasive exotics that came with the earlyminers, winemakers, and cattlemen. Bear and mountain lion are common; finding their tracks is an everyday thing. What is to become of this treasure of biodiversity, rarity, and history?
Reg. Required: www.nativeplants.org
Fee: $25 members/$30 non-members

THURSDAY BIRDING
Various parks Mike Moran
9-11am, Thu, Aug 17 #12519, 31 #12520
It is summer, but we will look for feathered forecasts of fall. **Aug. 17**, Ironhouse Sanitary District: Shorebirds, waterfowl, and seagulls. **Aug. 31**, Round Valley: songbirds, woodpeckers, and eagles.
Reg. Required: (510) 636-1684

STAR GAZING ♿
Briones Sabrina Dussau
8-10pm, Fri, Aug 18 #12521
Star light, star bright, what's that star I see tonight? Find out as we turn our eyes up as the sky turns dark.
Reg. Required: (510) 636-1684

TRAILS CHALLENGE: TRAVERSING TILDEN
Tilden Bethany Facendini
8am-2pm, Sat, Aug 26
Traverse the park's varied ecosystems, from stream-lined canyons and lakes, to tree-studded peaks and grasslands on this rigorous nine-mile hike. Bring water, sunscreen, layered clothing, and lunch.

CAMPGROUND TO LAKE SP
Anthony Chabot Amphitheatre
Gail Broesder
3-5pm, Sat, Aug 26
Learn some of the lakes history as well as the creatures that call it home on this up and down hike. Bring a full water bottle.

DISCOVER LOVELY LAKE TEMESCAL SP
Lake Temescal Interpretive Staff
Noon-1:30pm, Sun, Aug 27
Lake Temescal is a scenic gem and a favorite park for swimming, picnicking, fishing, jogging, and nature walks! Enjoy a 1-mile stroll and learn about park history, flora, and fauna.

VOLUNTEER

PARK/TRAIL GUIDES
Various parks Rick Spittler
Various dates and times
Guides are needed to assist the visually impaired in hiking on Regional Parks trails. Training provided by Bay Area Outreach Recreation Program (B.O.R.P.). Info: (510) 849-4663

PUBLIC SAFETY VOLUNTEERS
Various parks Various dates and times
On-going volunteer programs assist District staff in the delivery of essential services, which include; educating trail users about trail safety; assisting the helicopter with rescues; supplementing police in patrol activities and incident response. Certifications and/or training are required for some programs. FLIGHT MEDICS–Sgt. White, Info: (510) 785-3370. BICYCLE PATROL, HIKING PATROL, COMPANION DOG PATROL AND MOUNTED PATROL–Patrick Balizan, Info: (510) 544-3133.

FRENCH BROOM REMOVAL PROJECT
Redwood
9:30am-1:30pm, Sat, Jul 1, Aug 5
Help restore beautiful Redwood Regional Park. French broom has been displacing the native plants. Volunteers are needed to remove the broom and plant native grasses. We provide the tools. Meet at Skyline Gate staging area (8500 Skyline Blvd. Oakland) in Redwood Regional Park. For more information, call Ivan at (925) 756-0195.

IVAN DICKSON TRAIL MAINTENANCE PROJECT
Garin
8:30am-1pm, Sat, Jul 15
Work with EBRPD staff on trail maintenance at Garin Regional Park. Bring gloves, hat, water, sunscreen. Wear long sleeved shirts, and long pants, and sturdy shoes. Instruction and tools provided. Lunch included. This program is not available for online registration.
Reg. Required: (510) 544-2631

TUESDAY TWILIGHTS SP

Enjoy summer sunsets with the family in a different regional park each week. Walks vary in difficulty. Usually not suitable for organized groups. Wear hiking shoes, bring water, and flashlight. For a complete summer schedule call (925) 862-2601.

July 11: Lake Chabot Boat Ride, Lake Chabot Marina, Susan Ramos, 7-10pm, #12357–Enjoy a one-hour boat excursion around Lake Chabot. Then, we'll be dropped off, walk to the edge of a shallow area of the lake, and watch for bats. Enjoy the full moon as we hike back to the marina. Parking fee may apply. Reg. Required: (510) 636-1684. Fee: $6 (non-res. $8). **July 18: Tuesday Twilight Hike & Campfire, Ardenwood**, Ira Bletz, Paul Ferreira, 7-9pm–Enjoy the farm at the end of the day, look for wild creatures and visit the farm animals. Afterwards we'll gather around a campfire for stories, songs and a treat. Disabled accessible. For information, call (510) 796-0663. **July 25: Old-Fashioned Campfire, Black Diamond**, Mike Moran, 6:45-8:15pm,–Come sing a song, snarf a s'more, share a story, a summer sunset, and a steady stream of silliness at our family campfires. We'll bring all the fixin's for s'mores and a ton of fun. Disabled accessible. For information, call (925) 757-2620. **July 25: Las Trampas**, Gail Broesder, 6:30-9:30pm–Breathtaking views of Bollinger Canyon, Mount Diablo, San Ramon Valley, and much more. With luck we'll witness fog pouring over Rocky Ridge as the evening cools. Vigorous hike. 7+yrs. **Aug. 1: A New Place to Play, Brushy Peak**, Cat Taylor, 6-9pm–Opening last November, Brushy Peak is the District's newest open space park. In the cooling evening breezes, we'll explore this jewel, admire the scenery and discover what makes it special. Bring flashlight. Info: (925) 862-2601. **Aug. 1: Delightful Diablo Dawn, Diablo Foothills**, Mike Moran, 6:30-8:30pm, #12517–Explore the prosaic method to the poetic madness of one of the most dramatic landscapes of our region. We'll stroll three easy-to-moderate miles amidst marvelous oaks, peaceful Pine Creek, and under the awe-inspiring cliffs of Castle Rocks. Reg. Required: (510) 636-1684. **Aug. 8: Grassland Moonrise, Sycamore Valley**, Katie Colbert, 7:30-9:30pm–Admire moonlight on the distant flanks of Mt. Diablo while we contemplate the rich farming and natural history of this new park. Be prepared for up-and downhill. Meet at staging area on Holbrook Dr. Info: (925) 862-2601. **Aug. 15: Savannah Supper Hike, Morgan Territory**, Cat Taylor, 7-9pm–Potluck dinner and non-alcoholic beverage and join us for a meander through grassland, chapparel and oak savannah. We'll dine with fantastic views of nearby Mt Diablo. Bring flashlight. Info: (925) 862-2601. **Aug. 22: A Dynamite Sunset, Pt. Pinole**, Interpretive staff, 7-9:30pm–Once the site of an explosives plant, Pt. Pinole is now a popular shoreline park along San Francisco Bay. Join us for a 3-4 mile round trip hike to the point. Meet at park entrance. **Aug. 29: High Valley Adventure, Garin**, Cat Taylor, 6-9pm–Hike into the darkening reaches of Indian Joe Creek to High Valley where we'll look on turtles, frogs and perhaps feasting bats before making our descent back to the valley floor. Bring flashlight. Info: (925) 862-2601

VISITOR CENTERS

ARDENWOOD
34600 Ardenwood Blvd.
Fremont, CA 94555-3645
(510) 796-0663

BLACK DIAMOND MINES
5175 Somersville Road
Antioch, CA 94509
(925) 757-2620

BOTANIC GARDEN
Tilden Regional Park
Berkeley, CA 94708
(510) 841-8732

COYOTE HILLS
8000 Patterson Ranch Rd.
Fremont, CA 94555-3502
(510) 795-9385

CRAB COVE VISITOR CENTER
1252 McKay Avenue
Alameda, CA 94501-7805
(510) 521-6887

DEL VALLE
7000 Del Valle Road
Livermore, CA 94550
(925) 862-2601

GARIN
1320 Garin Avenue
Hayward, CA 94544-6822
(510) 795-9385

SUNOL-OHLONE
P.O. Box 82 (on Geary Road)
Sunol, CA 94586
(925) 862-2601

TILDEN NATURE AREA
Environmental Education Center (EEC) at Tilden Regional Park
Berkeley, CA 94708
(510) 525-2233

SWIM FACILITIES

LAKE ANZA
Tilden Regional Park
Berkeley, CA 94708
(510) 843-2137

CONTRA LOMA
1200 Frederickson Lane
Antioch, CA 94509
(925) 757-0404

CULL CANYON
18627 Cull Canyon Road
Castro Valley, CA 94552
(510) 537-2240

DEL VALLE
7000 Del Valle Road
Livermore, CA 94550
(925) 373-0332

DON CASTRO
22400 Woodroe Ave.
Hayward, CA 94541
(510) 538-1148

QUARRY LAKES
2250 Isherwood Way
Fremont, CA 94535
(510) 795-4883

ROBERTS POOL
10570 Skyline Blvd.
Oakland, CA 94619
(510) 482-6028

SHADOW CLIFFS
2500 Stanley Blvd.
Pleasanton, CA 94566
(925) 846-3000

LAKE TEMESCAL
6502 Broadway Terrace
Oakland, CA 94610
(510) 652-1155

REGISTRATION INFORMATION

NO REGISTRATION REQUIRED–Many programs do not require registration. Simply join the instructor at the location indicated in the program description. Call the phone number listed in the program descriptions if you need further information.

IN-PARK REGISTRATION–For programs requiring registration at park sites, call the number indicated in the description. Information will be provided when you call.

CENTRAL REGISTRATION–The course codes for programs that require central registration are printed in green throughout this directory. Please refer to the instructions below for registration procedures for mail-in, walk-in, phone or fax registration.

ON-LINE: WebReg online registration for Centrally registered programs is available at www.ebparks.org/webreg.

MAIL-IN: Complete the registration form below and mail with your payment (pre-printed check or fill in the credit card info on the mail-in form) to: East Bay Regional Park District, Reservations Dept., P.O. Box 5381, Oakland, CA 94605-0381.

WALK-IN: Come to the District Headquarters between 8:30 a.m. and 5 p.m. Mondays through Fridays. We are located at 2950 Peralta Oaks Court in Oakland, next door to the Dunsmuir House and south of the Oakland Zoo off I-580. See map above.

FAX

BY FAX: Complete the registration form on the back cover and fax it to (510) 635-5502. Include all the necessary credit card information and sign to approve the charge.

BY PHONE: **Phone registration requires a credit card.** Call between 8a.m.-5p.m. Mondays through Thursdays and 8a.m. and 4 p.m. on Fridays. The Reservations Office is closed on weekends and holidays.

Oakland.....(510) 636-1684
Contra Costa Co....(925) 676-0192
Livermore.....(925) 373-0144
Hayward.....(510) 538-6470
Outside East Bay..(510) 636-1684
TDD.....(510) 633-0460

FEES: Fees must be paid in full at the time of registration. They may be paid by pre-printed check, money order, VISA, Mastercard or in cash for walk-in registration. Non-resident fees apply to anyone living outside of Alameda or Contra Costa counties. Parking or park entrance fees may be charged depending on program time and location. Ardenwood entrance fees vary depending on the event or activity. Confirm all fees when registering for a program. Many programs have **fee assistance funds available** for low-income individuals and families. For information call the registration phone numbers listed at the bottom of the previous column.

CHECK ACCEPTANCE: Pre-printed checks are accepted for mail-in registration in the Central Reservations Office until two weeks before the program takes place. Make checks payable to EBRPD. Programs registered in the parks will accept checks up until the day of the program. Returned checks will be charged an additional $15 Returned Check charge.

CREDIT CARDS: VISA
VISA and Mastercard are accepted for all fee programs *except* those that are registered at a park. Call the phone number in program description for info.

CANCELLATION POLICY:

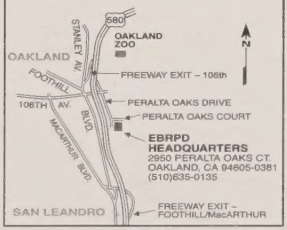
REFUNDS/TRANSFERS: Refunds or transfers will be processed for programs canceled because registration is below the minimum enrollment at the cutoff date, or if a program is canceled due to inclement weather or instructor illness. Please allow up to three weeks for receipt of refund. If you would prefer to transfer into another program or class and there is space available, your refund may be applied to the fee for that program or class. (See Special Cancellation Policy below for exceptions.)

IF YOU MUST CANCEL: For a full refund or credit toward another program, you must call in your cancellation **at least seven days prior** to the class or program. Failure to notify the Reservations Office **at least seven days in advance** of the program date will result in forfeiture of program fees. See Special Cancellation Policy below for exceptions.

Special Cancellation Policy: For certain programs requiring the Park District to commit a deposit or guarantee a minimum, refunds will not be available **less than 14 days prior** to the start of the program. In the case of cancellation due to inclement weather, a credit will be issued for a future class with the same instructor. These programs are noted by "Special Cancellation Policy applies" within the program description.

To reach the Central Registrations office:

From south or east of Oakland on I-580 West, take the MacArthur/Foothill exit in San Leandro. Bear right onto Foothill; turn right on 106th Ave. and right again onto Peralta Oaks Drive. Follow it to the end. From Oakland or north or west of Oakland on I-580 East, take the 106th Ave. exit in Oakland. Take the first three left turns; this will put you on 106th Ave. From 106th, turn right onto Peralta Oaks Drive and follow it to the end.



July-August 2006 Mail-in Registration

Register On-Line: www.ebpark s.org/webreg

Mail or FAX

East Bay Regional Park District
Attention: Reservations
2950 Peralta Oaks Court, P.O. Box 5381
Oakland, CA 94605-0381
FAX (510) 635-5502

Make checks payable to: EBRPD

or use

☐ MasterCard ☐ VISA

Name (parent or guardian if under 18)

Address

City Zip

( ) Day phone ( ) Night phone

email address

Amount $

Expiration date

Authorized signature

Participant's Name	Birthdate	Class Title	Code	Date	Fee
	Month/Day/Yr	First Choice			
		Second Choice			
		First Choice			
		Second Choice			
Day Camp Scholarship Fund—provides subsidized day camp experiences for inner-city youth. (Optional)					$1
Subscribe to this publication (Regional in Nature) (Optional)					$5

Submit additional registrations on an attached sheet Total $

Signature required _____ Date _____
Parent or guardian if under 18

☐ Please check here if you are disabled and in need of special accomodations

How did you hear about our programs? ☐ TV ☐ Newspaper ☐ Visitor Center ☐ Radio ☐ Other

Coyote Hills Regional Park

HERITAGE DAYS SUMMER MUSIC FESTIVAL

Music, dance, ethnic foods, arts & crafts, and more.

Saturdays
Noon to 4 p.m.
Coyote Hills Regional Park
Fremont

Saturday, July 29 – Noon to 1: Asian Appreciation – Chinese Lion Dancers, Asian modern dance and Martial Arts. 1 to 2 p.m.: The Soca Sisters – Steel Drum Band. 2 to 3 p.m.: Ramana Vieira – Traditional Portuguese Fado songs. 3 to 4 p.m.: The Niosha Dance Academy – Music and dance from Persia and the Middle East.
Saturday, August 26: Noon to 1: The Mossy Creek Band – Bluegrass. 1 to 2 p.m.: Kaweh – Latin, Brazil, Flamenco, Middle East. 2 to 3 p.m.: Layce Baker and his Black Diamond Band – Blues and Classic Rock and Roll. 3 to 4 p.m.: Rafael Manriquez and Grupo Amaranto – Music from the Andes, Peru, Ecuador, Mexico, and the Caribbean.

Coyote Hills Regional Park, 8000 Patterson Ranch Road, Fremont (off Hwy 84, just eagt of the Dumbarton Bridge). Parking fee: $5.

East Bay Regional Park District
Information: www.ebparks.org (510) 795-9385

CONCERTS IN THE REGIONAL PARKS

The free, open-air Concerts at the Cove continues at Crab Cove in West Alameda this summer with the Latin music of **Amigos** on July 14 and **The Alameda All Stars** blend of rock, blues,.funk, and R&B on August 11. The concerts, presented by the West Alameda Business Association (WABA) and the East Bay Regional Park District, are held on the second Friday of each month during June, July, and August on the lawn adjacent to the Crab Cove Visitors Center at the foot of McKay Street in Alameda. No outside alcohol is allowed in the park. Info: 1-888-291-9222. Also, on Sat., August 19, from 7-9 p.m., hear **Mountain Laurel** at Black Diamond Mines Regional Preserve in Antioch. Info (925) 757-2620.

WHAT ARE YOU DOING THIS SUMMER?

Bring in this ad & get 1 free child admission with paid adult admission.
Offer expires 09.30.04

Visit us for family fun!

- Explore our Interactive and Hands-on Exhibits & Activities
- Take a Guided Hike through our Redwoods
- See a Show in our Planetarium or Giant Screen MegaDome Theater

And More!

tickets | pricing | details
www.chabotspace.org
or **510.336.7373**

chabot space & science center
10000 Skyline Blvd • Oakland 94619

EBRP0706

Family Fun Nights and Camporees!

Visit the Regional Parks for quality family fun in the beautiful outdoors!

FREE Family Fun Nights

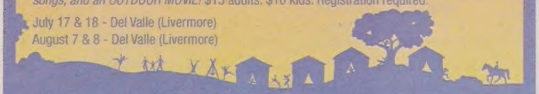
Thursday evenings, 5:30 pm - 7 pm, in a new location each week.
These events are FREE to everyone and include *arts and crafts, ice-cold lemonade, impressive nature programs, and much more!*

July 1 - Del Valle (Livermore)
July 8 - Coyote Hills (Fremont)
July 15 - Crown Memorial State Beach (Alameda)
July 22 - Martin Luther King Jr. Regional Shoreline (Oakland)
July 29 - Contra Loma (Antioch)
August 5 - Miller/Knox Regional Shoreline (Richmond)
August 12 - Garin (Hayward)
August 19 - Point Pinole (Pinole)
August 26 - Tilden Nature Area (Berkeley)

Family Camporees

Come join us for an overnight adventure that is fun for the whole family! *Outdoor games, all-camp competitions, swimming, water safety, nature programs, guided hikes, campfire songs, and an OUTDOOR MOVIE!* $15 adults. $10 kids. Registration required.

July 17 & 18 - Del Valle (Livermore)
August 7 & 8 - Del Valle (Livermore)



Don't Miss These Events!

East Bay Regional Park District
Event Info.: 510-636-1684 or www.ebparks.org

East Bay Regional
Park District
2950 Peralta Oaks Court
Oakland, CA 94605-0381